

# May

[www.urbanbodymtl.com](http://www.urbanbodymtl.com) Follow us: [UrbanBodyMtl](#)

1  
Urban Body  
SPRING SCHEDULE  
LAUNCH

2  
Friends that workout  
together STAY  
together!  
BFF CLASS!

4  
Don't forget to  
plan your  
Workouts and  
Meals!!

5  
Monday Motivation:  
*You are Beautiful!*  
  
#urbanbodyteam

6  
How does she do it?  
  
Cindy's Tips of the  
week!

7  
LUNCH BREAK  
CHALLENGE WITH  
DREA:  
  
Watch our YouTube Video

8  
Go to **YOUTUBE**  
To see the weekly  
dose of our  
Dance Moves in Class

9  
Friends that workout  
together STAY  
together!  
BFF CLASS!

11  
Don't forget to  
plan your  
Workouts and  
Meals!!

12  
Monday Motivation:  
*You are COURAGEOUS!*  
  
#urbanbodyteam

13  
How does she do it?  
  
Cindy's Tips of the  
week!

14  
LUNCH BREAK  
CHALLENGE WITH  
DREA:  
  
Watch our YouTube Video

15  
Go to **YOUTUBE**  
To see the weekly  
dose of our  
Dance Moves in Class

16  
Friends that workout  
together STAY  
together!  
BFF CLASS!

18  
Don't forget to  
plan your  
Workouts and  
Meals!!

19  
Monday Motivation:  
*You are AMAZING!*  
  
#urbanbodyteam

20  
How does she do it?  
  
Cindy's Tips of the  
week!

21  
Partnered *Yoga*  
find your inner **peace** with  
us!  
@ 7:30pm

22  
Go to **YOUTUBE**  
To see the weekly  
dose of our  
Dance Moves in Class

23  
Friends that workout  
together STAY  
together!  
BFF CLASS!

25  
Don't forget to  
plan your  
Workouts and  
Meals!!

26  
How does she do it?  
  
Cindy's Meal Plan for  
the week!

27  
How does she do it?  
  
Cindy's Tips of the  
week!

28  
LUNCH BREAK  
CHALLENGE WITH  
DREA:  
  
Watch our YouTube Video

29  
Go to **YOUTUBE**  
To see the weekly  
dose of our  
Dance Moves in Class

30  
Friends that workout  
together STAY  
together!  
BFF CLASS!