

GROUP FITNESS SCHEDULE April 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3	4	5	6	7	8
<mark>6:30am</mark>			GRIT/Athletic-Racheal			
8:00am		Grit Strength-Bobby				
8:30AM	Body Pump-Racheal		Zumba Bobby	Body Pump – Lisa	Body Combat-Lisa	Body Pump-Lori
9:30am	Yoga-Hannah W				ZUmba-Yajaira	
4:30pm						
5:30PM	Cycling-Stephanie			Stretch & mobility Raven		
<mark>6:00pm</mark>			Body Pump-Heather			
6:30PM	Zumba-Chanel	Body Combat - Ashley				
7:00PM			Hip Hop Stephanie			
	10	11	12	13	14	15
<mark>6:30am</mark>			GRIT–Athletic-Racheal			
8:00AM		GRIT Strength-Bobby				
8:30AM	BodyPump-Racheal Yoga-Hannah W		Zumba-Bobby	BodyPump- Bobby Lisa	Body Combat-Lisa Zumba-Yajiara	Body pump-Bobby
9:30am						
4:30PM						
5:30PM	Cycling-Stephanie			Stretch & Mobility-Raven		
6:00pm			Body Pump-Heather	-		
6:30PM	Zumba-Chanel	Body Combat –Ashley				
7:00PM			Hip Hop- Stephanie			

	17	18	19	20	21	22
6:30am			GRIT-Athletic- Racheal			
8:00AM		GRIT Strength-Bobby				
8:30AM	Body Pump- Racheal		Zumba- Bobby	Body Pump- Lisa	Body Combat-Lisa	Body Pump-Bobby
9:30am	Yoga-Hannah W				Zumba-Yajiara	
4:30pm						
5:30PM	Cycling-Stephanie			Stretch & Mobility-Raven		
6:00pm			Body Pump-Heather			
6:30PM	Zumba - Chanel	Body Combat – Ashley				
7:00PM			Hip Hop-Stephanie			
	24	25	26	27	28	29
6:30am			Grit athletic-Racheal			
8:00am		GRIT Strength-Bobby				
8:30AM	Body Pump-Racheal		Zumba – Bobby	Body Pump-Lisa	Body Combat-Lisa	Body Pump-Lori
9:30am	Yoga-Hannah				Zumba-Yajiara	
4:30PM						
5 <mark>:30PM</mark>	Cycling – Stephanie			Stretch & Mobility-Raven		
6:00pm			BODYPUMP -Heather			
6:30PM	Zumba - Chanel	Body Combat- Ashley				
7:00PM			Hip Hop-Stephanie			
	1	2	3	4	5	6
6:30am		_	Grit athletic-Racheal	_		
8:00AM		GRIT Strength-Bobby				
8:30AM	Body Pump-Racheal		Zumba-Bobby	Body Pump-Lisa	Body Combat-Lori	Body Pump-Lori
9:30am	Yoga-Hannah W				Zumba-Yajaira	
4:30PM						
5:30PM	Cycling-Stephanie			Stretch & mobility- Raven		
6:00PM			Body Pump-Heather			
6:30PM	Zumba-Chanel	Body Combat-Ashley				
7:00PM			Hip Hop-STephanie			