



Group Fitness Classes - April

*New Class *Substitute Class

*Cancelled Class *Paid Class

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:30a-9:30 BodyPump – Elbert 9:45a-10:45 Yoga - Hannah	2 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	3 8:30a-9:30 Zumba – Bobby	4 8:15a-9:15 Step Interval – Elbert	5 8:30a-9 Grit Strength-Rachael 9:45a-10:45 Yoga - Hannah	6 8:30a-9:30 BodyPump-Rachael 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump – Lisa 6:30p-7:30 Zumba – Chanel	5:30p-6:30 Cycling - Hannah T 6:30p-7:30 BodyCombat - Ashley		6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	
7 No Classes	8 8:30a-9:30 BodyPump – Rachael 9:45a-10:45 Yoga - Hannah	9 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	10 8:30a-9:30 Zumba – Bobby	11 8:15a-9:15 Step Interval – Bobby	12 8:30a-9 Grit Strength-Rachael 9:45a-10:45 Yoga - Hannah	13 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Hannah W
	5:30p-6:30 Yoga - Katelin 6:30p-7:30 Zumba – Chanel	5:30p-6:30 Cycling - Rachael 6:30p-7:30 High Fitness - Emily		6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	
14 No Classes	15 8:30a-9:30 BodyPump – Rachael 9:45a-10:45 Yoga - Hannah	16 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	17 8:30a-9:30 Zumba – Bobby	18 8:15a-9:15 Step Interval – Elbert	19 8:30a-9 Grit Strength-Rachael 9:45a-10:45 Yoga - Hannah	20 8:30a-9:30 BodyPump - Elbert 10a-11 Yoga - Hannah W
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