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| **Fit for Life 24 Apex Group Fitness: April 2019**  **GROUP FITNESS LAUNCH: BODYPUMP: 4/6, BODYATTACK 4/6, BODYCOMBAT 4/8, ZUMBA 4/9** | | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | 1 | **2** | 3 | 4 | **5** | 6 |
| 5:40-6:30 AM |  | BODYPUMP Kathy | CYCLE Chris | BODY PUMP Tameka |  | LAUNCH DAY!!! |
| 6:00-6:45 AM |  |  |  |  | CYCLE Tameka |  |
| 8:45-9:45 AM |  |  |  |  |  | BODYPUMP LAUNCH |
| 9:00-9:45 AM | SMARTFIT HIIT UB |  | SMARTFIT HIIT LB |  | SMARTFIT HIIT UB | SMARTFIT HIIT LB |
| 9:30-10:30 AM |  | BODYPUMP Sarah |  | CYCLE H.I.I.T Melissa | BODYPUMP Brigitte |  |
| 10-11:00 AM |  |  |  |  |  | BODYATTACK LAUNCH |
| 11-12:00 PM |  | SENIOR FIT Sarah | SENIOR FIT Elaine | SENIOR FIT Elaine |  | BODYCOMBAT Jen |
| 2:00 -3:00 PM |  |  |  |  |  |  |
| 5:30-6:30 PM | BODYPUMP Brigitte |  |  | BODY ATTACK Brigitte | BODY COMBAT Jen |  |
| 5:45- 6:30 PM |  |  | ZUMBA Anabel |  | BODY PUMP Christi |  |
| 6:00-7:00 PM | SMARTFIT HIIT LB | BODYATTACK Denise |  | ZUMBA Anabel |  |  |
| 6:30 -7:30 PM | BODYCOMBAT Jen  CYCLE Chris | SMARTFIT HIIT LB | BODYPUMP Denise/Tracey | SMARTFIT HIIT LB |  |  |
| 7:00-8:00 PM |  | ZUMBA Anabel |  |  |  |  |
|  | 8 | 9 | 10 | 11 | 12 | 13 |
| 5:40-6:30 AM |  | BODYPUMP Kathy | CYCLE Chris | BODY PUMP Tameka |  |  |
| 6:00-6:45 AM |  |  |  |  | CYCLE Tameka |  |
| 8:45-9:45 AM |  |  |  |  |  | BODY PUMP Denise |
| 9:00-9:45AM | SMARTFIT HIITUB |  | SMARTFIT HIIT LB |  | SMARTFIT HIIT UB | SMARTFIT HIIT LB |
| 9:30-10:30 AM |  | BODYPUMP Sarah |  | CYCLE H.I.I.T Melissa | BODYPUMP Brigitte |  |
| 10-11:00 AM |  |  |  |  |  | BODYATTACK Joel |
| 11-12:00 PM |  | SENIOR FIT Sarah | SENIOR FIT Elaine | SENIOR FIT Elaine |  | BODYCOMBAT Jen |
| 2:00-3:00 PM |  |  |  |  | BODY COMBAT Jen |  |
| 5:30-6:30 PM | BODYPUMP Brigitte |  |  | BODY ATTACK Brigitte | BODY PUMP Christi |  |
| 5:45-6:30 PM |  |  | ZUMBA Anabel |  |  |  |
| 6:00-7:00 PM | SMARTFIT HIIT LB | BODYATTACK Denise | SMARTFIT HIIT UB | ZUMBA Anabel |  |  |
| 6:30-7:30 PM | BODYCOMBAT LAUNCH  CYCLE Jill | SMARTFIT HIIT LB | BODYPUMP Denise/Tracey | SMARTFIT HIIT LB |  |  |
| 7:00-8:00 PM |  | ZUMBA LAUNCH |  |  |  |  |
|  | 15 | 16 | 17 | 18 | 19 | 20 |
| 5:40-6:30 AM |  | BODYPUMP Kathy | CYCLE Chris | BODY PUMP Denise |  |  |
| 6:00-6:45 AM |  |  |  |  | CYCLE Melissa |  |
| 8:45-9:45 AM |  |  |  |  |  | BODY PUMP Denise |
| 9:00-10:00 AM | SMARTFIT HIIT UB |  |  |  | SMARTFIT HIIT UB | SMARTFIT HIIT LB |
| 9:30-10:30 AM |  | BODYPUMP Sarah | SMARTFIT HIIT LB | CYCLE H.I.I.T Melissa | BODYPUMP Brigitte |  |
| 10-11:00 AM |  |  |  |  |  | BODYATTACK Joel |
| 11-12:00 PM |  | SENIOR FIT Sarah | SENIOR FIT Elaine | SENIOR FIT Elaine |  | BODYCOMBAT Jen |
| 2:00-3:00 PM |  |  |  |  | BODY COMBAT Jen |  |
| 5:30-6:30 PM | BODYPUMP Brigitte |  |  | BODY ATTACK Brigitte | BODYPUMP CANCELED |  |
| 5:45-6:30 PM |  |  | ZUMBA Anabel |  |  |  |
| 6:00-7:00 PM | SMART FIT HIITUB | BODYATTACK Denise | SMARTFIT HIIT LB | ZUMBA Anabel |  |  |
| 6:30-7:30 PM | BODYCOMBAT Jen  CYCLE Jill | SMARTFIT HIIT LB | BODYPUMP Denise/Tracey | SMARTFIT HIIT LB |  |  |
| 7:00-8:00 PM |  | ZUMBA Anabel |  |  |  |  |
|  | 22 | 23 | 24 | 25 | 26 | 27 |
| 5:40-6:30 AM |  | BODYPUMP Kathy | CYCLE Chris | BODY PUMP Tameka |  |  |
| 6:00-6:45 AM |  |  |  |  | CYCLE Tameka |  |
| 8:45- 9:45 AM |  |  |  |  |  | BODY PUMP Denise |
| 9:00-10:00 AM | SMARTFIT HIIT UB |  | SMARTFIT HIIT LB |  | SMARTFIT HIIT UB | SMARTFIT HIIT LB |
| 9:30-10:30 AM |  | BODYPUMP Sarah |  | CYCLE H.I.I.T Melissa | BODYPUMP Brigitte |  |
| 10-11:00 AM |  |  |  |  |  | BODYATTACK Joel |
| 11-12:00 PM |  | SENIOR FIT Sarah | SENIOR FIT Elaine | SENIOR FIT Elaine |  | BODYCOMBAT Jen |
| 2:00-3:00 PM |  |  |  |  | BODY COMBAT Jen |  |
| 5:30-6:30 PM | BODYPUMP Brigitte |  |  | BODY ATTACK Brigitte | BODY PUMP Christi |  |
| 5:45-6:30 PM |  |  | ZUMBA Anabel |  |  |  |
| 6:00-7:00 PM | SMART FIT HIIT UB | BODYATTACK Denise | SMARTFIT HIIT LB | ZUMBA Anabel |  |  |
| 6:30-7:30PM | BODYCOMBAT Jen  CYCLE Chris | SMARTFIT HIIT LB | BODYPUMP Denise/Tracey | SMARTFIT HIIT LB |  |  |
| 7:00-8:00 PM |  | ZUMBA Anabel |  |  |  |  |
|  | 29 | 30 |  |  |  |  |
| 5:40-6:30 AM |  | BODYPUMP Kathy |  |  |  |  |
| 6:00-6:45 AM |  |  |  |  |  |  |
| 8:45-9:45 AM |  | IMG_256 |  |  |  |  |
| 9:00-10:00 AM | SMARTFIT HIIT UB |  |  |  |  |  |
| 9:30-10:30 AM |  | BODYPUMP Sarah |  |  |  |  |
| 10-11:00 AM |  |  |  |  |  |  |
| 11-12:00 PM |  | SENIOR FIT Sarah |  |  |  |  |
| 2:00-3:00 PM |  |  |  |  |  |  |
| 5:30-6:30 PM | BODYPUMP Brigitte |  |  |  |  |  |
| 5:45-6:30 PM |  |  |  |  |  |  |
| 6:00-7:00 PM | SMART FIT HIIT UB | BODYATTACK Denise |  |  |  |  |
| 6:30-7:30 PM | BODYCOMBAT Jen  CYCLE Chris | SMARTFIT HIIT LB |  |  |  |  |
| 7:00-8:00 PM |  | ZUMBA Anabel |  |  |  |  |