



APRIL

2023 GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6:15 AM CIRCUIT TRAINING W/ANNETTE</p>	<p>6:00 AM BODY PUMP W/ TAMEKA</p>	<p>12 NOON YOGA SCULPT w/BRANDI</p>	<p>6:00 AM BODY PUMP W/ TRISHA</p>	<p>6:00 AM CYCLE W/ TAMEKA</p>	<p>8:30 AM BODYPUMP W/ TAMEKA</p>
	<p>5:00PM YOGA W/JILL</p>		<p>5:00 PM YOGA 101 W/ JILL</p>		
<p>6:00 PM BODY ATTACK W/ DENISSE</p>		<p>6:00 PM BODY PUMP W/ TRACEY</p>	<p>6:00 PM BODY COMBAT W/ JOEL&</p>	<p>5:30 BODY PUMP W/JENN OR TAMEKA</p>	

