

FITNESS CLASS SCHEDULE

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:30 am Core 7:00 am Vinyasa 8:30am: Bootcamp 9:35am: Stretch/Tone NO AQUA CLASS	2 8:30am: Body Blast 10:00 am Gentle Yoga	3 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	4 8:30 am Body Blast 10:00am: Multi-Level Yoga	5 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	6 8:45 am Vinyasa
7 5:00pm: Vinyasa	8 6:30 am Core 7:00 am Vinyasa 8:30am: Bootcamp 9:35am: Stretch/Tone NO AQUA CLASS	9 8:30am: Body Blast 10:00 am Gentle Yoga	10 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	11 8:30 am Body Blast 10:00am: Multi-Level Yoga	12 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	13 8:00am: Strength/ Fusion 8:45 am Vinyasa
14 8:30 am P90X 5:00pm: Vinyasa	15 6:30 am Core 7:00 am Vinyasa 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	16 8:30am: Body Blast 10:00 am Gentle Yoga	17 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	18 8:30 am Body Blast 10:00am: Multi-Level Yoga	19 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	20 8:00am: Strength/ Fusion 8:45 am Vinyasa
21 HAPPY EASTER!	22 6:30 am Core 7:00 am Vinyasa 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	23 8:30am: Body Blast 10:00 am Gentle Yoga	24 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	25 8:30 am Body Blast 10:00am: Multi-Level Yoga	26 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	27 8:00am: Strength/ Fusion 8:45 am Vinyasa
28 8:30am: P90X 5:00pm: Vinyasa	29 6:30 am Core 7:00 am Vinyasa 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	30 8:30am: Body Blast 10:00 am Gentle Yoga				