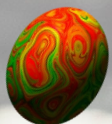




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2022



2

APRIL

# Monday

# Tuesday

# Wednesday

# Thursday

# Friday

# Saturday

**6:00AM-7:00AM**  
**CROSS TRAINING**  
**PILATES**

**6:00AM-7:00AM**  
**CROSS TRAINING**

**6:00AM- 7:00AM**  
**CROSS TRAINING**  
**PILATES**

**6:00AM-7:00AM**  
**CROSS TRAINING'**  
**(CARDIO)**

**6:00-7:00AM**  
**YOGA**

**7:30AM-8:30AM**  
**AB & CORE**

**7:30AM-8:30AM**  
**AB & CORE**

**8:45AM-9:45AM**  
**YOGA (BALCONY)**

**8:15 AM-9:15AM**  
**YOGA BALL**

**8:45AM-9:45AM**  
**YOGA (BALCONY)**

**8:15 AM-9:15AM**  
**YOGA BALL**

**9:15AM-10:15AM**  
**EASY DOES IT**

**9:15AM-9:45AM**  
**JUST DANCE**

**9:15AM-10:15AM**  
**EASY DOES IT**

**9:15AM-9:45AM**  
**JUST DANCE**

**9:15AM-10:15AM**  
**EASY DOES IT**

**9:30AM-10:30AM**  
**GROUP CYCLIE**

**10:00AM-11:00AM**  
**CLASSIC YOGA**

**10:00AM-11:00AM**  
**CLASSIC YOGA**

**10:45AM-11:45AM**  
**POP UP CLASS**

**12:00PM-1:00PM**  
**CROSS TRAINING**

**12:00PM-1:00PM**  
**CROSS TRAINING**

**11:00AM-12:00PM**  
**SIT AND BE FIT**  
**(STRENGTH AND ROM)**

**11:00 AM-12:00PM**  
**CHAIR YOGA**

**1:30PM-3:00PM**  
**LINE DANCING**

**5:00PM-7:00PM**  
**BOXING**

**5:00PM-7:00PM**  
**BOXING**

**6:00PM-6:30PM**  
**PILATES (BALCONY)**

**6:00PM-7:00PM**  
**GUTS & BUTTS**  
**TABATA**

**6:30PM-7:00PM**  
**WORKOUT IN**  
**WEIGHT ROOM**  
**(WIW)**

**7:00PM-9:00PM**  
**LINE DANCING**