

April 2019



SUN	MON	TUE	WED	THU	FRI	SAT
	1 5:15 AM <i>Total Body Conditioning</i> 5:00-7:00 PM <i>Open Circuit</i>	2 5:15 PM <i>Stretch Balance & Flow</i> 6:00 PM <i>Tabata/Barre Mix</i>	3 5:15 AM <i>Strength</i> 5:15 PM <i>All Abs</i> 5:45 PM <i>Stability Ball</i> 6:30 PM <i>SlamBall/Weights</i>	4 6:00 PM <i>Total Body Conditioning</i> 6:30 PM <i>Stretch</i>	5 5:15 AM <i>Strength</i> 6:00-7:00 PM <i>Open Gym</i>	6 7:30 AM-9:00 AM <i>Open Circuit</i>
7	8 5:15 AM <i>Total Body Conditioning</i> 5:00-7:00 PM <i>Open Circuit</i>	9 5:15 PM <i>Stretch Balance & Flow</i> 6:00 PM <i>Tabata/Barre Mix</i>	10 5:15 AM <i>Strength</i> 5:15 PM <i>All Abs</i> 5:45 PM <i>Stability Ball</i> 6:30 PM <i>SlamBall/Weights</i>	11 6:00 PM <i>Total Body Conditioning</i> 6:30 PM <i>Stretch</i>	12 5:15 AM <i>Strength</i>	13 7:30 AM-9:00 AM <i>Open Circuit</i>
14	15 5:15 AM <i>Total Body Conditioning</i> 5:00-7:00 PM <i>Open Circuit</i>	16 5:15 PM <i>Stretch Balance & Flow</i> 6:00 PM <i>Tabata/Barre Mix</i>	17 5:15 AM <i>Strength</i> 5:15 PM <i>All Abs</i> 5:45 PM <i>Stability Ball</i> 6:30 PM <i>SlamBall/Weights</i>	18 6:00 PM <i>Total Body Conditioning</i> 6:30 PM <i>Stretch</i>	19 5:15 AM <i>Strength</i> 6:00-7:00 PM <i>Open Gym</i>	20 7:30 AM-9:00 AM <i>Open Circuit</i>
21	22 5:15 AM <i>Total Body Conditioning</i> 5:00-7:00 PM <i>Open Circuit</i>	23 5:15 PM <i>Stretch Balance & Flow</i> 6:00 PM <i>Tabata/Barre Mix</i>	24 5:15 AM <i>Strength</i> 5:15 PM <i>All Abs</i> 5:45 PM <i>Stability Ball</i> 6:30 PM <i>SlamBall/Weights</i>	25 6:00 PM <i>Total Body Conditioning</i> 6:30 PM <i>Stretch</i>	26 5:15 AM <i>Strength</i> 6:00-8:00 <i>Women's Group</i>	27 7:30 AM-9:00 AM <i>Open Circuit</i>
28	29 5:15 AM <i>Total Body Conditioning</i> 5:00-7:00 PM <i>Open Circuit</i>	30 5:15 PM <i>Stretch Balance & Flow</i> 6:00 PM <i>Tabata/Barre Mix</i>				