

APRIL FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6AM HIIT – Wesley 1 7:15AM TRX- Linda 8:30AM 360 Circuit - Linda 8:30AM Basic Strength – Kristin 9:30AM HIIT – Wesley 9:30AM- Function & Flow – Sarah 10:45AM Water Aerobics – Linda 1PM Stretch - Linda	6:30AM Spin - Tovah 2 8AM Circuit 360 – Pam C 8:30AM Posture Fitness – Sarah 8:30AM H.I.I.T. – Wesley 9:30AM Hatha Yoga – Pam 10:30AM Deep Tissue Treatment Yoga –Pam 5PM Spin - Kristin	8:30 AM Fun & Fit – Kristin 3 9:30AM Function & Flow – Sarah	8:30AM Posture Fitness – Sarah 4 8:30AM Circuit 360 – Pam C 8:30AM H.I.I.T. – Wesley 4PM Foam Rolling – Kristin 5PM Spin – Kristin	6:30AM Spin - Tovah 5	8AM 45 & Done -Pam 6 9AM Rise & Shine Yoga – Pam 10AM Meditation- Pam
8AM Spin – Kristin 7	6AM HIIT – Wesley 8 8:30AM Basic Strength – Kristin 9:30AM HIIT – Wesley 9:30AM- Function & Flow – Sarah 10:45AM Water Aerobics – Linda 5PM Restorative Yoga – Pam	6:30AM Spin – Tovah 9 8AM Circuit 360 – Pam C 8:30AM Posture Fitness – Sarah 8:30AM H.I.I.T. – Wesley 9:30AM Hatha Yoga – Pam 10:30AM Deep Tissue Treatment Yoga –Pam 5PM Spin - Kristin	8:30 AM Fun & Fit – Kristin 10 9:30AM Function & Flow – Sarah 5PM Restorative Yoga - Pam	8:30AM Posture Fitness – Sarah 11 8:30AM Circuit 360 – Pam C 8:30AM H.I.I.T. – Wesley 9:30AM Hatha Yoga – Pam 10:30AM Gentle Yoga – Pam 4PM Foam Rolling - Kristin 5PM Spin – Kristin	6:30AM Spin – Tovah 12 9AM Yoga Stretch – Pam	8AM 45 & Done -Pam 13 9AM Rise & Shine Yoga – Pam 10AM Meditation- Pam
8AM Spin – Kristin 14	6AM HIIT - Wesley 15 7:15AM TRX- Linda 8:30AM 360 Circuit - Linda 8:30AM Basic Strength – Kristin 9:30AM HIIT - Wesley 9:30AM- Function & Flow – Sarah 10:45AM Water Aerobics - Linda 1PM Stretch - Linda	6:30AM Spin- Tovah 16 7AM Strong & Fit –Linda 8AM Circuit 360 – Pam C 8:30AM Posture Fitness – Sarah 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga – Pam 10:30AM Deep Tissue Treatment Yoga –Pam 4PM Pop Pilates –Linda 5PM TRX +Yoga – Linda 5PM Spin - Kristin	7AM Yoga - Linda 17 8:30 AM Fun & Fit – Kristin 9:30AM Function & Flow – Sarah 10:45AM Water Aerobics - Linda 1PM Circuit 360 – Linda 2PM Weight Training - Linda 5PM Restorative Yoga - Pam	7AM Strong & Fit - Linda 18 8:30AM Posture Fitness – Sarah 8:30AM Circuit 360 – Pam C 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga –Pam 10:30AM Gentle Yoga – Pam 4PM Foam Rolling - Kristin 5PM Spin – Kristin	6:30AM Spin - Tovah 19 7AM TRX - Linda 8AM Pro Posture - Linda 9AM Yoga Stretch – Pam	8AM 45 & Done -Pam 20 9AM Rise & Shine Yoga – Pam 10AM Meditation- Pam
8AM Spin – Kristin 21	6AM HIIT - Wesley 22 7:15AM TRX- Linda 8:30AM 360 Circuit - Linda 8:30AM Basic Strength – Kristin 9:30AM HIIT - Wesley 9:30AM- Function & Flow – Sarah 10:45AM Water Aerobics - Linda	6:30AM Spin - Tovah 23 7AM Strong & Fit - Linda 8AM Circuit 360 – Pam C 8:30AM Posture Fitness –Sarah 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga – Pam 10:30AM Deep Tissue Treatment Yoga – Pam 4PM Pop Pilates –Linda 5PM TRX +Yoga - Linda 5PM Spin – Kristin	7AM Yoga - Linda 24 8:30 AM Fun & Fit – Kristin 9:30AM Function & Flow – Sarah 10:45AM Water Aerobics – Linda 1PM Circuit 360 – Linda 2PM Weight Training - Linda 5PM Restorative Yoga - Pam	7AM Strong & Fit - Linda 25 8:30AM Posture Fitness – Sarah 8:30AM Circuit 360 – Pam C 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga – Pam 10:30AM Gentle Yoga - Pam 4PM Foam Rolling - Kristin 5PM Spin – Kristin	6:30AM Spin- Tovah 26 7AM TRX – Linda 8AM Pro Posture – Linda 9AM Yoga Stretch – Pam	8AM 45 & Done -Pam 27 9AM Rise & Shine Yoga – Pam 10AM Meditation- Pam
8AM Spin – Kristin 28	6AM HIIT - Wesley 29 7:15AM TRX – Linda 8:30AM Circuit 360 - Linda 8:30AM Basic Strength – Kristin 9:30AM HIIT - Wesley 9:30AM- Function & Flow – Sarah 10:45AM Water Aerobics –Linda 1PM Stretch - Linda	6:30AM Spin - Tovah 30 7AM Strong & Fit - Linda 8AM Circuit 360 – Pam C 8:30AM Posture Fitness – Sarah 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga – Pam 10:30AM Deep Tissue Treatment Yoga – Pam 4PM Pop Pilates –Linda 5PM TRX + Yoga - Linda 5PM Spin – Kristin				

