

Class Schedule April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Core Blast – 6am Bosu Challenge – 12:15 Yogatone – 5:30pm	3 Tone Up – 8:30am TKO – 12:15pm Step Challenge – 5:30pm	4 Bootcamp – 6am	5 Zumba – 6:15pm	6 Core de Force – 10:15am	7 Bootcamp – 8am	8
9 Bootcamp – 12:15 Yogatone – 5:30pm	10	11 Bootcamp – 6am Core Blast – 12:15 PiYo – 5:30pm	12 Kettlebells – 12:15 Pilates – 5:00pm Zumba – 6:15pm	13 TKO – 6am TKO – 10:15am	14 TWOFER Bootcamp – 8am	15 Barre – 4pm
16 Core Blast – 6am Bosu Challenge – 12:15 Yogatone – 5:30pm	17 Tone Up – 8:30am TKO – 12:15pm Step Challenge – 5:30pm	18 Tabata – 6am Core Blast – 12:15 PiYo – 5:30pm	19 Kettlebells – 12:15 Pilates – 5pm Zumba – 6:15pm	20 TKO – 6am TKO – 10:15am	21 TWOFER Bootcamp – 8am	22 Barre – 4pm
23 Core Blast – 6am Bosu Challenge – 12:15 Yogatone – 5:30pm	24 Tone Up – 8:30am TKO – 12:15pm Step Challenge – 5:30pm	25 Tabata – 6am Core Blast – 12:15 PiYo – 5:30pm	26 Kettlebells – 12:15 Pilates – 5pm Zumba – 6:15pm	27 TKO – 6am TKO – 10:15am	28 TWOFER Bootcamp – 8am	29 Barre – 4pm
30 Core Blast – 6am Bosu Challenge – 12:15 Yogatone – 5:30pm						

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