

APRIL 2024 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNEDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:00AM		8:30-9:00AM		8:30-9:00AM	
*		**			
KICKBOXING & ABS		KICKBOXING & ABS		***	
PAULA		PAULA		PAULA	
9:00-10:00AM	9:00-10:00AM	9:00-10:00AM	9:00-10:00AM	9:00-10:00AM	9:00-9:30AM
HILL & CAMP	X	HON CAMP	¥	ROOT RAMP	
	PARTY SPIN	DALLA	PARTY SPIN		CLAY
PAULA	PAULA	PAULA	PAULA	PAULA	
K HIIT			al .		
TATIANA	YOGA		RHIIT	YÖĞA	
	TESIA		TATIANA	TESIA	
10:30-11:30AM	10:30-11:30AM	10:30-11:30AM	10:30-11:30AM		,
San	Service	, Q	Size Spatiare		
TOTAL BODY WITH	TOTAL BODY WITH	YOGA	TOTAL BODY WITH		
BECKY	ВЕСКУ	CHERI	ВЕСКУ		
11:30-12:30PM		12:15-1:00PM	11:30-12:30PM		
Sirer Snephers		ZVMBA	Sirer Sneakers		
CHAIR YOGA WITH			CHAIR YOGA WITH		
BECKY		TAMMY	ВЕСКУ		
1:00-2:00PM					
POWER	*				
TAMMY					
	7. B.	* x			*
5:30-6:30PM	5:30-6:30PM	5:30-6:30PM	5:30-6:00PM		
POWER			×		
CINDY S.	CINDY S	HOUSE PARTY SPIN	CLAY		
		ESSENCE	NA NA		
,		POWER			
	MELISSA	CINDY S.			
6:00-6:45PM			TATIANA/ESSENCE		
0.00-0.43PW		,		7:00-8:00	
	,	6:30-7:30PM		7:00-8:00	
ROCKY 6:30-7:30pm				The same	
6:5U-7:3Upm		YOGA		BARBELL CLUB	
	.c.	SYDNEY		WILL	
YOGA		,		WILL	
SYDNEY					