

Fitness Class Schedule - April 2021 - REVISED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:30a: Boot Camp (KK)	2 HOLIDAY NO CLASS	3
4	5 1:00p: Core & Stretching (CT) NO 1:00pm CLASS 5:00p: Strength Training (KK)	6 NO CLASS	7 1:00p: Barre (SMB - sub)	8 6:30a: Boot Camp (KK)	9 12:00p: Yoga (CT) NO CLASS	10
11	12 1:00p: Belly, Butt, & Thighs (CT) 5:00p: Strength Training (KK)	13 12:15p: Strength HIIT (CT)	14 1:00p: Barre (CT)	15 6:30a: Boot Camp (KK)	16 12:00p: Yoga (CT)	17
18	19 1:00p: Upper Body Strength & Toning (CT) 5:00p: Strength Training (KK) NO 5:00pm CLASS	20 12:15p: Strength HIIT (CT)	21 1:00p: Barre (CT)	22 6:30a: Boot Camp (KK)	23 12:00p: Yoga (CT)	24
25	26 1:00p: Core & Stretching (CT) 5:00p: Strength Training (KK)	27 NO CLASS	28 1:00p: Barre (CT)	29 6:30a: Boot Camp (KK)	30 12:00p: Yoga (CT)	