

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Yoga for the Hips-This class will focus on releasing tight hips. Power Flow Yoga is for All Levels, beginners-advance yogi's.	2 5:45am Circuit 45 Hope 4pm Yoga 55 Dina 5pm Barre Fusion 55 Annie 6pm Circuit 45 Tasha	3 5:45am TABATA 45 Tasha 5pm Yoga 55 Dina 5:30pm TABATA 45 Rotha 6pm Barre Fusion 60 Annie 6:20pm TABATA 45 Hope	4 5:45am ASSult 45 Thomas 4pm Mindful Movement Yoga 60 Dina 6pm PiYo 45 Shelley	5 5:45am TRX Circuit 45 Rotha 5pm Mindful Movement Yoga 60 Dina 5:30pm TRX Circuit 45 Tasha 6:20pm TRX Circuit 45 Tasha	6 5:45am Xtreme Fitness 45 Shelley 5:45am Yoga 45 Laura 6pm Xtreme Fitness EXP 30 Rotha	7 8am Xtreme Fitness 45 Rotha 9am Yoga 60 Laura 9:30am 10K Training Team
8	9 5:45am Strong & Tone 45 Tasha 4pm Strong Slow Flow Yoga 55 Jessica 5pm Barre Fusion 55 Annie 6pm Strong & Tone 45 Rotha	10 5:45am 3-2-1 45 Rotha 5pm Yoga 60 Laura 5:30pm 3-2-1 45 Tasha 6:20pm 3-2-1 45 Tasha	11 5:45am Gentle Strength Yoga 45 Dina 4pm Power Flow Yoga 60 Jessica 6pm Pilates 45 Ashley	12 5:45am Kickboxing 45 Tasha 5pm Yoga for the Hips 60 Laura 5:30pm STEP & Strength 45 Rotha 6:20pm STEP & Strength 45 Rotha	13 5:45am Xtreme Fitness 45 Tasha 5:45am Yoga for the Hips 45 Laura 6pm ABSsoGlutely 30 Thomas	14 8am Xtreme Fitness 45 Hope 9am Yoga for the Hips-Focus on releasing tight hips. 60 Laura
15	16 5:45am Circuit 45 Rotha 4pm Mindful Movement Yoga 55 Dina 5pm Barre Fusion 55 Annie 6pm Circuit 45 Hope	17 5:45am TABATA 45 Rotha 5pm Yoga 55 Laura 5:30pm TABATA 45 Tasha 6pm Barre Fusion 60 Annie 6:20pm TABATA 45 Tasha	18 5:45am ASSult 45 Thomas 4pm Power Flow Yoga 60 Jessica 6pm PiYo 45 Shelley	19 5:45am STEP 45 Rotha 5pm Mindful Movement Yoga 60 Dina 5:30pm Circuit 45 Hope 6:20pm Battle Rope Circuit 45 Tasha	20 5:45am Yoga 45 Laura 5:45am Xtreme Fitness 45 Rotha 6pm Xtreme Fitness EXP 30 Hope	21 8am Xtreme Fitness 45 Lindsey 9am Gentle Strength Yoga 60 Dina Main Studio Brian will be here for massages 9-5
22 Brian will be here for massages 9-2	23 5:45am Strong & Tone 45 Rotha 4pm Strong Slow Flow Yoga 55 Jessica 5pm Barre Fusion 55 Annie 6pm Strong & Tone 45 Tasha	24 5:45am 3-2-1 45 Hope 5pm Mindful Movement Yoga 60 Dina 5:30pm 3-2-1 45 Rotha 6:20pm 3-2-1 45 Rotha	25 5:45am Yoga 45 Laura 4pm Mindful Movement Yoga 60 Dina 6pm Zumba 45 Nadine	26 5:45am Cycle Fusion 45 Rotha 5pm Power Flow Yoga 60 Jessica 5:30pm Cycle Fusion 45 Tasha 6:20pm Cycle Fusion 45 Tasha	27 5:45am 45am Xtreme Fitness 45 Hope 5:45am Gentle Strength Yoga 45 Dina 6pm Cardio Madness 30 Thomas	28 8am Xtreme Fitness 45 Rotha 9am Strong Slow Flow Yoga 60 Jessica
29	30 5:45am Circuit 45 Hope 4pm Strong Slow Flow Yoga 55 Jessica 5pm ASSult 55 Thomas 6pm Circuit 45 Ashley					