


April 2021 GROUP x & INDOOR CYCLING

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 no classes 5a-2p	3
	Instructors are subject to change!			9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Calleen 5:45pm Zumba-Megan		9:00am Full Body Fit-Rebekah
4	5	6	7	8	9	10
	*8:00am HIIT YOGA-Megan 9:00am Cardio Fusion-Doris 9:00am Spin-Kylie 10:00am TBS-Doris 11:10am Hatha Yoga-Pam 4:30pm Core Fusion-Doris 5:30pm Cycle X-Kylie 5:45pm Yoga-Megan	*9:00am HIIT-Kelsey 9:00am Cycle X-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Calleen 6:30pm Zumba®-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Pam 4:30pm Cardio Fusion-Doris	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Calleen 5:45pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Full Body Fit-Rebekah 10:10am Zumba-Megan
11	12	13	14	15	16	17 MIXER
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 9:00am Spin-Kylie 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm Cycle X-Leslie 5:45pm Yoga-Megan	*9:00am HIIT-Shelly 9:00am Cycle X-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 6:30pm Zumba®-Christy	**8:00am HIIT-Calleen 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 5:45pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Cardio Fusion 9:30am Full Body Fit 10am Pound Fit 10:30am Zumba 11:00am Yoga Sign up is required Bring a guest FREE!
18	19	20 MEMBER DAY	21	22	23	24
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 9:00am Spin-Kylie 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm Cycle X-Leslie 5:45pm Yoga-Megan	*9:00am HIIT-Shelly 9:00am Cycle X-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 6:30pm Zumba®-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 5:45pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Full Body Fit-Rebekah 10:10am Yoga-Megan
25	26	27	28	29	30	
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