

APRIL 2024 GROUP EX



	Mon 04/01	Tue 04/02	Wed 04/03	Thu 04/04	Fri 04/05
AM	5:15 - 6:00 Full Body Mix (T)	5:15 - 6:00 Tabata/HIIT (T)	5:15 - 6:00 Strength Mix(T)	5:15 - 6:00 Bands & Balls (T)	5:15 - 6:00 Cardio/KB/Core (T)
	9:00 - 10:00 FFL (J)	9:00 - 10:00 FFL (J)	9:00 - 10:00 FFL (J)		9:00 - 10:00 FFL (J)
PM	5:00-5:45pm Muscle Up - Legs (J)	5:00-5:45pm Muscle Up - Upper (J)			5:00 - 5:45pm HIIT Circuit (J)
	Mon 04/08	Tue 04/09	Wed 04/10	Thu 04/11	Fri 04/12
AM	5:15 - 6:00 Full Body Mix (T)	5:15 - 6:00 Tabata/HIIT (T)	5:15 - 6:00 Strength Mix (T)	5:15 - 6:00 Bands & Balls (T)	5:15 - 6:00 Cardio/KB/Core (T)
	9:00 - 10:00 FFL (J)	9:00 - 10:00 FFL (J)	9:00 - 10:00 FFL (J)		9:00 - 10:00 FFL (J)
PM	5:00-5:45pm Muscle Up - Legs (J)	5:00-5:45pm Muscle Up - Upper (J)	5:00 - 5:45pm HIIT Circuit (J)		
	Mon 04/15	Tue 04/16	Wed 04/17	Thu 04/18	Fri 04/19
AM	5:15 - 6:00 Full Body Mix (T)	5:15 - 6:00 Tabata/HIIT (T)	5:15 - 6:00 Strength Mix (T)	5:15 - 6:00 Bands & Balls (T)	5:15 - 6:00 Cardio/KB/Core (T)
	9:00 - 10:00 FFL (J)	9:00 - 10:00 FFL (J)	9:00 - 10:00 FFL (J)		9:00 - 10:00 FFL (J)
PM	5:00-5:45pm Muscle Up - Legs (J)	5:00-5:45pm Muscle Up - Upper (J)	5:00-5:45pm Kickboxing (J)		
	Mon 04/22	Tue 04/23	Wed 04/24	Thu 04/25	Fri 04/26
AM	5:15 - 6:00 Full Body Mix (T)	5:15 - 6:00 Tabata/HIIT (T)	5:15 - 6:00 Strength Mix (T)	5:15 - 6:00 Bands & Balls (T)	5:15 - 6:00 Cardio/KB/Core (T)
	9:00 - 10:00 FFL (J)	9:00 - 10:00 FFL (J)	9:00 - 10:00 FFL (J)		9:00 - 10:00 FFL (J)
PM	5:00-5:45pm Muscle Up - Legs (J)	5:00-5:45pm Muscle Up - Upper (J)	5:00-5:45pm HIIT Circuit (J)		

(J) Jolynne (T) Tami

- TIMES/DAYS/CLASS FORMAT SUBJECT TO CHANGE -