



APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 4pm Super Circuit 530pm Spin 530pm DSME	2 4pm TRX 6pm Kung Fu	3 12pm Spin 4pm Step	4 4pm TRX Yoga	5 12pm Yoga	6
7	8 4pm Super Circuit 530pm Yoga 530pm DSME	9 4pm TRX 6pm Kung Fu	10 12pm Spin 4pm Step	11 4pm TRX Yoga 530pm Honor Your Heart	12 12pm Yoga	13
14	15 4pm Super Circuit 530pm Spin 530pm DSME	16 4pm TRX 6pm Kung Fu	17 12pm Spin 4pm Step	18 4pm TRX Yoga 530pm Honor Your Heart	19 12pm Spin	20
21 Run 4 Renewal Begins	22 4pm Super Circuit 530pm Yoga 530pm DSME	23 4pm TRX 6pm Kung Fu	24 12pm Spin 4pm Step 530pm SSSH	25 4pm TRX Yoga 530pm Run 4 Renewal	26 12pm Yoga	27
28	29 4pm Super Circuit 530pm Spin 530pm DSME	30 4pm TRX 6pm Kung Fu	Group Fitness Classes Health Education Classes Announcements L.I.F.E. Community Events			