



April Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00		Leah SHRED		Lacey SHRED	
5:30	Kim LES MILLS BODYPUMP		Heather LES MILLS BODYPUMP		Kim/Heather LES MILLS BODYPUMP
8:00	Donna Yoga		Donna Yoga		Donna Yoga
8:45	Kelly LES MILLS BODYATTACK	Cammie Shred Express	Stephanie LES MILLS BODYCOMBAT	Kelly Shred Express	Kelly LES MILLS BODYATTACK
9:20		Cammie LES MILLS CORE		Kelly LES MILLS CORE	
9:45	Cammie LES MILLS BODYPUMP		Stephanie LES MILLS BODYPUMP		Cammie LES MILLS BODYPUMP
10:00		Cammie Pilates		Katilyn Pilates	
11:00	Rebecca Senior Cardio Fit		Jennifer Restorative Yoga	Rebecca Senior MOVE	Rebecca Senior Cardio Fit
12:00	Nancy D. Shred Low	Gretchen Yoga	Nancy D. Shred Low	Gretchen Yoga	
2:00	CLEANING	CLEANING	CLEANING	CLEANING	CLEANING
3:45	LES MILLS BODYPUMP virtual		LES MILLS BODYPUMP virtual		
4:30	Jennifer Yoga			Jennifer Yoga	
4:45		Saana LES MILLS BODYATTACK	Tasha 		
5:30	Kim LES MILLS BODYPUMP	Heather  LES MILLS BODYPUMP	Saana LES MILLS BODYCOMBAT	Kim LES MILLS BODYPUMP	
6:15			Saana LES MILLS CORE		
6:30	Lee LES MILLS CORE	Kaylie LES MILLS BODYCOMBAT		Heather Pilates	

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