

APRIL CLASS SCHEDULE



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

8:10AM	Fit for Life-Susana Aqua Aerobics - Nannette	Fit for Life-Susana Aqua Aerobics-Sue	Fit for Life-Susana Aqua Aerobics - Nannette	Fit for Life-Susana Aqua Aerobics-Deb	Fit for Life Stretch-Susana Aqua Aerobics-Nannette	Aqua Aerobics-Erin
9:10AM	Fusion Yoga-Tawney Cycling-Kristin Aqua Aerobics - Nannette	Zumba-Julie Cycling-Susana Aqua Aerobics-Sue	Refit Dance-Sarah Cycling-Kristin Aqua Aerobics-Nannette	Zumba-Francine Cycling-Susana Aqua Aerobics-Deb	H.I.I.T.-Susana Cycling-Kristin Aqua Aerobics-Nannette	
10:10AM	Total Body-Kristin	Total Body-Susana	Total Body-Kristin	Total Body-Susana	Total Body-Kristin	Rotating classes at 9AM and 10AM on Saturdays Please check at the front desk for details
11:10AM	Yoga-Debra	Yoga-Michelle	Yoga-Tawney	Yoga-Michelle	Yoga-Debra	
12 - 4PM						
5:10PM	Refit Dance-Sarah	H.I.I.T.-Viviana	MuVz-Viviana	H.I.I.T.-Viviana		
6:10PM		MuVs-Viviana				
7:10PM	Yoga-Tawney	Yoga-Mackenzie	Yoga-Tawney	Restorative Yoga-Mackenzie		

No classes on Sundays