

APRIL GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
Core Blaster 6:30-7:00 Matt	Total Body Pump 6:30-7:15 Matt		BURNOUT Bootcamp 6:30-7:15 Matt	
Pilates 11:30-12:15 Anna	Total Body Pump 11:30-12:15 Robert	TRX, Ropes, and Med Balls 11:30-12:15 Matt Robert	Cardio & Core Blast 11:30-12:05 Alyssa	Strength + Core & More 11:30-12:15 Sarah
HIIT Factory 12:30-1:15 Robert	Vinyasa Yoga 12:30-1:15 Erica	Vinyasa Yoga 12:30-1:15 Paula	Yoga Sculpt 12:30-1:15 Anna	
	HIIT Express 5:00-5:35 Robert		Active Recovery 5:00-5:35 Robert	

