

April | Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Full Body Stretch 10:05-10:25 am Amelia	Vinyasa Yoga 11:05-11:35 am Alyssa		Sunrise Yoga 7:00-7:30 am Hope	
Core & Cardio 12:10 - 12:40 pm Alyssa	Total Body Boost 12:10 - 12:40 pm Amelia	Bootcamp 12:10 - 12:40 pm Amelia	Tabata 12:10 - 12:40 pm Amelia	Vinyasa Yoga 11:05-11:35 am Alyssa
	Circuit Training 4:05 - 4:30 pm Alyssa	Intro to Lifting 4:05 - 4:30 pm Alyssa	Mobility 5:00 - 5:30 pm Alyssa	