

April 2019

Gym Hours

Mon-Thurs: 6AM-8PM
 Friday: 6AM-6PM
 Saturday: 8AM-1PM
 Sunday: CLOSED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GYM CLOSED	1 9:30AM-X Core Training 5:30PM-Muscle Mania w/ Chad 6:30PM-X Core Training	2 6:00AM-X Core Training 9:00AM-R.I.P.P.E.D. w/ Kara	3 9:30AM-X Core Training	4 6:00AM-X Core Training 9:00AM-Tabata w/ Kara 6:30PM-X Core Training	5 6:00PM-Body Chisel w/ Chad	6 8:30AM-X Core Training 9:00AM-R.I.P.P.E.D. w/ Kara
	SPRINGBREAK	SPRINGBREAK	SPRINGBREAK	SPRINGBREAK	SPRINGBREAK	SPRINGBREAK
7 GYM CLOSED	8 9:30AM-X Core Training 5:30PM-Muscle Mania w/ Chad 6:30PM-X Core Training 6:45PM- Yoga Flow w/ Kathy	9 6:00AM-X Core Training 9:00AM-R.I.P.P.E.D. w/ Jill 7:00PM- DanceJam w/ Lisa	10 8:30AM-Yoga Flow w/ Heni 9:30AM-X Core Training 9:45AM-Spin Zone w/ Lisa 6:30PM-HIIT Boxing w/ Andie	11 6:00AM-X Core Training 9:00AM-Tabata w/ Kara 6:30PM-X Core Training	12 8:30AM-Core Flow w/ Heni 9:30AM-R.I.P.P.E.D. w/ Callie 6:00PM-Body Chisel w/ Chad	13 8:30AM-X Core Training 9:00AM-R.I.P.P.E.D. w/ Kara 10:15-Boxing Bootcamp w/ Andie
14 GYM CLOSED	15 9:30AM-X Core Training 5:30PM-Muscle Mania w/ Chad 6:30PM-X Core Training 6:45PM-Yoga Flow w/ Kathy	16 6:00AM-X Core Training 9:00AM-R.I.P.P.E.D. w/ Jill 7:00PM-DanceJam w/ Lisa	17 8:30AM-Yoga Flow w/ Heni 9:30AM-X Core Training 9:45AM-Spin Zone w/ Lisa 6:30PM-HIIT Boxing w/ Andie	18 6:00AM-X Core Training 9:00AM-Tabata w/ Kara 6:30PM-X Core Training	19 8:30AM-Core Flow w/ Heni 9:30AM-R.I.P.P.E.D. w/ Callie 6:00PM-Body Chisel w/ Chad	20 8:30AM-X Core Training 9:00AM-R.I.P.P.E.D. w/ Kara 10:15AM-Boxing Bootcamp w/ Andie
21 GYM CLOSED	22 9:30AM-X Core Training 5:30PM-Muscle Mania w/ Chad 6:30PM-X Core Training 6:45PM-Yoga Flow w/ Kathy	23 6:00AM-X Core Training 9:00AM-R.I.P.P.E.D. w/ Callie 7:00PM-DanceJam w/ Lisa	24 8:30AM-Yoga Flow w/ Heni 9:30AM-X Core Training 9:45AM-Spin Zone w/ Lisa 6:30PM-HIIT Boxing w/ Andie	25 6:00AM-X Core Training 9:00AM-Tabata w/ Kara 6:30PM-X Core Training	26 8:30AM-Core Flow w/ Heni 9:30AM-R.I.P.P.E.D. w/ Callie 6:00PM-Body Chisel w/ Chad	27 8:30AM-X Core Training 9:00AM-R.I.P.P.E.D. w/ Kara 10:15AM-Boxing Bootcamp w/ Andie
28 GYM CLOSED	29 9:30AM-X Core Training 5:30PM-Muscle Mania w/ Chad 6:30PM-X Core Training 6:45PM-Yoga Flow w/ Kathy	30 6:00AM-X Core Training 9:00AM-R.I.P.P.E.D. w/ Callie 7:00PM-DanceJam w/ Lisa				
GYM CLOSED						