



## April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	<b>2</b> Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Denise)	<b>3</b> Zumba Dance 5:30PM (Vickie)	<b>4</b> HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	<b>5</b> Morning Gentle Yoga 9AM (Denise)	
<b>7</b>	<b>8</b> HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	<b>9</b> Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Denise)	<b>10</b> Zumba Dance 5:30PM (Vickie)	<b>11</b> HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	<b>12</b> Morning Gentle Yoga 9AM (Denise)	<b>13</b>
<b>14</b>	<b>15</b> HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	<b>16</b> Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Denise)	<b>17</b> Zumba Dance 5:30PM (Vickie)	<b>18</b> HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Karen)*	<b>19</b> Morning Gentle Yoga 9AM (Stephanie/Video)**	<b>20</b>
<b>21</b>	<b>22</b> HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	<b>23</b> Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Karen)*	<b>24</b> Zumba Dance 5:30PM (Vickie)	<b>25</b> HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	<b>26</b> Morning Gentle Yoga 9AM (Denise)	<b>27</b>
<b>28</b>	<b>29</b> HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	<b>30</b> Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Denise)	<b>*Karen will be subbing for Denise on Thurs. &amp; Tues. April 18<sup>th</sup> &amp; 23<sup>rd</sup></b> <b>**Stephanie/Video for Fri. April 19<sup>th</sup> 9AM class</b>			