

April

| Mon | Tue | Wed | Thur | Fri | Sat |
|--|---|--|---------------------------------------|---|---|
| 2 Upper Body <small>Yoga: 5:40 PM & 6:40 PM</small> | 3 Lower Body | 4 CV Power | 5 Abs & Core | 6 Total Body | 7 Boot Camp 8am, 9am, 10am |
| 9 Legs & Cardio <small>Yoga: 5:40 PM & 6:40 PM</small> | 10 Chest, Back & Shoulders | 11 Arms & Abs | 12 Total Body Cardio | 13 Complex Legs | 14 Upper Body Blaster 8am, 9am, 10am |
| 16 Core Strength <small>Yoga: 5:40 PM & 6:40 PM</small> | 17 Lower Body Strength | 18 Upper Body Pull | 19 Upper Body Push | 20 Abs & Agility | 21 Legs & Core 8am, 9am, 10am |
| 23 Total Body Push <small>Yoga: 5:40 PM & 6:40 PM</small> | 24 Total Body Pull | 25 Cardio Core | 26 Power & Plyos | 27 Abs & Intervals | 28 Total Body Strength 8am, 9am, 10am |
| 30 Shoulders & Leas <small>Yoga: 5:40 PM & 6:40 PM</small> | 1 Chest, Arms & Cardio | 2 Back, Abs & Intervals | 3 Lower Body Blaster | 4 Upper Body Blaster | 5 Speed & Core 8am, 9am, 10am |