



Club Fitness

# APRIL 2024 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:00AM  <b>KICKBOXING &amp; ABS</b> <b>PAULA</b>		8:30-9:00AM  <b>KICKBOXING &amp; ABS</b> <b>PAULA</b>		8:30-9:00AM  <b>ABS</b> <b>PAULA</b>	
9:00-10:00AM  <b>PAULA</b>   <b>TATIANA</b>	9:00-10:00AM  <b>PARTY SPIN</b> <b>PAULA</b>   <b>YOGA</b> <b>TESIA</b>	9:00-10:00AM  <b>PAULA</b>	9:00-10:00AM  <b>PARTY SPIN</b> <b>PAULA</b>   <b>TATIANA</b>	9:00-10:00AM  <b>PAULA</b>   <b>YOGA</b> <b>TESIA</b>	9:00-9:30AM  <b>CLAY</b>
10:30-11:30AM  <b>TOTAL BODY WITH</b> <b>BECKY</b>	10:30-11:30AM  <b>TOTAL BODY WITH</b> <b>BECKY</b>	10:30-11:30AM  <b>YOGA</b> <b>CHERI</b>	10:30-11:30AM  <b>TOTAL BODY WITH</b> <b>BECKY</b>		
11:30-12:30PM  <b>CHAIR YOGA WITH</b> <b>BECKY</b>		12:15-1:00PM  <b>TAMMY</b>	11:30-12:30PM  <b>CHAIR YOGA WITH</b> <b>BECKY</b>		
1:00-2:00PM  <b>POWER PUMP</b> <b>TAMMY</b>					
5:30-6:30PM  <b>POWER PUMP</b> <b>CINDY S.</b>	5:30-6:30PM  <b>CINDY S</b>   <b>MELISSA</b>	5:30-6:30PM  <b>HOUSE PARTY SPIN</b> <b>ESSENCE</b>  <b>POWER PUMP</b> <b>CINDY S.</b>	5:30-6:00PM  <b>CLAY</b>   <b>TATIANA/ESSENCE</b>		
6:00-6:45PM  <b>ROCKY</b> 6:30-7:30pm  <b>YOGA</b> <b>SYDNEY</b>		6:30-7:30PM  <b>YOGA</b> <b>SYDNEY</b>		7:00-8:00  <b>BARBELL CLUB</b>  <b>WILL</b>	