

## APRIL LIVE CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	LM BodyPump Nan				HITT Strength Brooke	
						8:00 AM Build n Burn
7:30 AM	LM BodyPump Vera	LM Tone Pamela	LM BodyPump Rachel	LM Tone Pam		Joy
8:30 AM	Tabata Shelley	Kickboxing Joy	LM BodyPump Pamela	LM Tone Rachel	LM Combat Rachel	
						9:00 AM Zumba
9:30 AM	Total Body Shelley	Zumba Chamoni	Tabata Joy	LM Combat Tovah	LM BodyPump Pamela	Terrie
10:30 AM	Zumba Alma	Core -Stretch Tovah	Kettlebell Joy	Zumba Terrie/Patricia		
						ROTATING
						10:00 AM LM BodyPump
11:30 AM	Silver Sneakers Caroline	Silver Sneakers Caroline			Silver Sneakers Caroline	4/3 Pam 4/10 Rachel 4/17 Brooke 4/24 Tovah
3:30 PM	Zumba Elizabeth		Zumba Elizabeth			
5:30 PM				LM Body Tone Brooke		
6:00 PM	LM BodyPump Tovah	Body Blast Circuit Joy	LM BodyPump Brooke			

Cycle Studio						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Nick		Nick		8:30 AM Kim
9:30 AM	Zanne		Laurie		Zanne	

BootyBarre & Yoga Studio							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday Rotation
8:30 AM		Yoga Caroline		Yoga Caroline	Yoga Amy	Yoga Benedicte	
9:30 AM		*BB Boot Camp* Laurie		BootyBarre Jennifer		BootyBarre Rotating	BootyBarre 9:30 AM
10:30 AM	BootyBarre Zanne						4/3 Laurie 4/10 Laurie 4/17 Jennifer
6:00 PM			Yoga Benedicte				4/24 Zanne