

Downstairs Schedule

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 5:15 am Muscle X Terry 12:10 Circuit Training: Sandy 5:45 Zumba Sam	3 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	4 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 Zumba Alana	5 12:10 Cut-N-Tone Michelle	6 12:10 H.I.I.T Michelle	7
8	9 5:15 am Muscle X Terry 12:10 Circuit Training: Sandy 5:45 Zumba Alana	10 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	11 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 Zumba Sam	12 12:10 Cut-N-Tone Michelle 5:45 Jump-Pump & Spin Gloria	13 12:10 H.I.I.T Michelle	14
15	16 5:15 am Muscle X Terry 12:10 Circuit Training: Sandy 5:45 Zumba Sam	17 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	18 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 Zumba Alana	19 12:10 Cut-N-Tone Michelle	20 12:10 H.I.I.T. Michelle	21
22	23 5:15 am Muscle X Terry 12:10 Circuit Training: Sandy 5:45 Zumba Alana	24 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	25 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 Zumba Sam	26 12:10 Cut-N-Tone Michelle 5:45 Jump-Pump & Spin Gloria	27 12:10 H.I.I.T. Michelle	28
29	30 5:15 am Muscle X Terry 12:10 Circuit Training: Sandy 5:45 Zumba Sam					