


# Upstairs

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 9:30 Cut-N-Tone Sandy  5:45 TRIPLE THREAT Amber	3 5:30 Cut-N-Sweat Sandy	4 8:30 Cardio Int. Meredith	5 9:30 Yoga Rebecca  5:30 Cut-N-Sweat Sandy	6 9:30 Total Core Sandy	7 9:00 HIIT Training  Gloria
8	9 9:30 Cut-N-Tone Sandy  5:45 HIIT Gloria	10 5:30 Cut-N-Sweat Sandy	11 8:30 Cardio Int. Meredith	12 9:30 Yoga Rebecca  5:30 Cut-N-Sweat Sandy	13 9:30 Total Core Sandy	14 9:00 HIIT Training  Joanna
15	16 9:30 Cut-N-Tone Sandy  5:45 TRIPLE THREAT Amber	17 5:30 Cut-N-Sweat Sandy	18 8:30 Cardio Int. Meredith	19 9:30 Yoga Rebecca  5:30 Cut-N-Sweat Sandy	20 9:30 Total Core Sandy	21 9:00 HIIT Training  Gloria
22	23 9:30 Cut-N-Tone Sandy  5:45 HIIT Gloria	24 5:30 Cut-N-Sweat Sandy	25 8:30 Cardio Int. Meredith	26 9:30 Yoga Rebecca  5:30 Cut-N-Sweat Sandy	27 9:30 Total Core Sandy	28 9:00 HIIT Training  Sandy
29	30 9:30 Cut-N-Tone Sandy  5:45 TRIPLE THREAT Amber					