

	1	5:45 SPIN (B&B) AMIRA 8:30 HATHA/VIN TERENCE 9 CARDIO-BARRE ANDY 9:15 SPIN XL (75) SHIRIN 9:30 GYM CIRCUIT CNCLD 10 YOGA BLEND ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN	2	5:45 BOOTCAMP AMIRA 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT LAURA 9:30 SURFSET SHIRIN 9:30 SPIN 30/30 ANGIE 9:30 3-2-1 ABBY 10:30 YOGA BLEND TERENCE 5:30 SPIN (XP) SHIRIN 6:30 YOGA STRONG CARYN 6:30 KICKBOXING CHARLIE	3	5:45 SPIN & STRETCH LIZ 8 HATHA MICHAEL 9 SPIN (30/30) AMIRA 9:30 STRICTLY STRGTH ABBY 9:30 CARDIO BOX CNCLD 11 MUSCLE MAX LT LAURA 4 RESTORATIVE YOGA CARYN 5:30 PILATES SCULPT AMIRA 5:45 SPIN (B&B) ADRIENNE	4	5:45 BOOTCAMP LIZ 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 8/9:30 SURFSET SHIRIN 9:30 3-2-1 ABBY 5:30 STRICTLY STRGTH AMIRA 6:30 KICKBOXING CHARLIE 6:30 VINAYASA LAUREN	5	5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9 SPIN 30/30 AMIRA 9:30 BIG GYM CIRCUIT ALLY 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN ANDY	6	8 HATHA MICHAEL 9 SPIN XL ANGIE 9 STEP & WEIGHTS PATTY 10 PILATES SCULPT LAURA 10 GYM CIRCUITS AMIRA 11 KICKBOXING CHARLIE 11 ZUMBA LAUREN
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7	8	5:45 SPIN (B&B) AMIRA 8:30 HATHA/VIN TERENCE 9 CARDIO-BARRE ANDY 9:15 SPIN XL (75) SHIRIN 9:30 GYM CIRCUIT ALLY 10 YOGA BLEND ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN 5:15 BUTTS & GUTS ABBY 6 KETTLE BELL CRUSH ABBY	9	5:45 BOOTCAMP AMIRA 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT LAURA 9:30 SURFSET SHIRIN 9:30 SPIN 30/30 ANGELA 9:30 3-2-1 ABBY 10:30 YOGA BLEND TERENCE 12 SPIN B&B JOE 5:30 SPIN (XP) SHIRIN 6:30 YOGA STRONG CARYN 6:30 KICKBOXING CHARLIE	10	5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9 SPIN (30/30) AMIRA 9:30 STRICTLY STRGTH ABBY 9:30 CARDIO BOX SHIRIN 11 MUSCLE MAX LT JAY 4 RESTORATIVE YOGA CARYN 5:30 PILATES SCULPT SHIRIN 5:45 SPIN (B&B) ADRIENNE	11	5:45 BOOTCAMP LIZ 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 8/9:30 SURFSET SHIRIN 9:30 3-2-1 ABBY 5:30 STRICTLY STRGTH JAY 6:30 KICKBOXING CHARLIE 6:30 VINAYASA LAUREN	12	5:45 SPIN B&B LIZ 7:45 HATHA SUE 8 EARLY BIRD BOX SHIRIN 9 SPIN 30/30 AMIRA 9:30 BIG GYM CIRCUIT ALLY 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN ANDY	13	8 HATHA MICHAEL 9 SPINXL ANGIE 9 STEP & WEIGHTS PATTY 10 PILATES SCULPT LAURA 10 GYM CIRCUITS AMIRA 11 KICKBOXING CHARLIE 11 ZUMBA LAUREN
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14	15	5:45 SPIN (B&B) AMIRA 8:30 HATHA/VIN TERENCE 9 CARDIO-BARRE ANDY 9:15 SPIN XL (75) SHIRIN 9:30 GYM CIRCUIT JAY 10 YOGA BLEND ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN 5:15 BUTTS & GUTS ABBY 6 KETTLE BELL CRUSH ABBY	16	5:45 BOOTCAMP AMIRA 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT LAURA 9:30 SURFSET SHIRIN 9:30 SPIN 30/30 ANGIE 9:30 3-2-1 ABBY 10:30 YOGA BLEND TERENCE 12 SPIN B&B JOE 5:30 SPIN (XP) SHIRIN 6:30 YOGA STRONG CARYN 6:30 KICKBOXING CHARLIE	17	5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9 SPIN (30/30) AMIRA 9:30 STRICTLY STRGTH ABBY 9:30 CARDIO BOX SHIRIN 11 MUSCLE MAX LT JAY 4 RESTORATIVE YOGA SUE 5:30 PILATES SCULPT SHIRIN 5:45 SPIN (B&B) ADRIENNE	18	5:45 BOOTCAMP LIZ 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 8/9:30 SURFSET SHIRIN 9:30 3-2-1 ABBY 5:30 STRICTLY STRGTH JAY 6:30 KICKBOXING CHARLIE 6:30 VINAYASA LAUREN	19	5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9 SPIN 30/30 SHIRIN 9:30 BIG GYM CIRCUIT ALLY 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN ANDY	20	8 HATHA MICHAEL 9 SPIN XL ANGIE 9 STEP & WEIGHTS ABBY 10 PILATES SCULPT LAURA 10 GYM CIRCUITS ALLY 11 KICKBOXING CHARLIE 11 ZUMBA LAUREN
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21	22	5:45 SPIN (B&B) LIZ 8:30 HATHA/VIN TERENCE 9 CARDIO-BARRE ANDY 9:15 SPIN XL (75) SHIRIN 9:30 GYM CIRCUIT JAY 10 YOGA BLEND ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN 5:15 BUTTS & GUTS SHIRIN 6 KETTLE BELL CRUSH SHIRIN	23	5:45 BOOTCAMP AMIRA 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) SUE 8:30 PILATES SCULPT LAURA 9:30 SURFSET SHIRIN 9:30 SPIN 30/30 ANGIE 9:30 3-2-1 ABBY 10:30 YOGA BLEND TERENCE 12 SPIN B&B JOE 5:30 SPIN (XP) SHIRIN 6:30 YOGA STRONG CARYN 6:30 KICKBOXING CHARLIE	24	5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9 SPIN (30/30) AMIRA 9:30 STRICTLY STRGTH ABBY 9:30 CARDIO BOX SHIRIN 11 MUSCLE MAX LT JAY 4 RESTORATIVE YOGA CARYN 5:30 PILATES SCULPT AMIRA 5:45 SPIN (B&B) ADRIENNE	25	5:45 BOOTCAMP LIZ 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 8:15/9: SURFSET SHIRIN 9:30 3-2-1 ABBY 5:30 STRICTLY STRGTH JAY 6:30 KICKBOXING CHARLIE 6:30 VINAYASA LAUREN	26	5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9 SPIN 30/30 AMIRA 9:30 BIG GYM CIRCUIT ANGIE 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN ANDY	27	8 HATHA MICHAEL 9 SPIN XL ANGIE 9 STEP & WEIGHTS PATTY 10 PILATES SCULPT LAURA 10 GYM CIRCUITS AMIRA 11 KICKBOXING CHARLIE 11 ZUMBA LAUREN
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28	29	5:45 SPIN (B&B) CINDY 8:30 HATHA/VIN TERENCE 9 CARDIO-BARRE ANDY 9:15 SPIN XL (75) SHIRIN 9:30 GYM CIRCUIT JAY 10 YOGA BLEND ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN 5:15 BUTTS & GUTS AMIRA 6 KETTLE BELL CRUSH AMIRA	30	5:45 BOOTCAMP AMIRA 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT LAURA 9:30 SURFSET SHIRIN 9:30 SPIN 30/30 ANGIE 9:30 3-2-1 ABBY 10:30 YOGA BLEND TERENCE 12 SPIN B&B JOE 5:30 SPIN (XP) SHIRIN 6:30 YOGA STRONG CARYN 6:30 KICKBOXING CHARLIE	<h1>2024 APRIL GROUPX &amp; SPIN 2024</h1>						
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