


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<h1 style="color: purple;">APRIL 2026</h1> <h2 style="color: purple;">GROUPX & SPIN</h2>					
	<p>MAKE SURE TO REGISTER ONLINE/APP! FOR MOST ACCURATE SCHEDULE SEE APP</p>					
<p>5</p> <p>8A PILATES PATTI</p> <p>9A SPIN(CAT) SHIRIN</p> <p>10:15A HATHA/VIN CARYN</p> <p>10A BOOTCAMP ABBIE</p>	<p>6</p> <p>5:45A SPIN (XP) AMIRA</p> <p>9A 321 ANDY</p> <p>9:15A SPIN XL(75) ANGIE</p> <p>9:30A PILATES SCULPT NICOLE</p> <p>10A RESTORATIVE YOGA ANDY</p> <p>11A MUSCLE MAX LT CARYN</p> <p>4P MINDFUL MVMT CARYN</p> <p>5:30P BUTTS & GUTS ABBIE</p> <p>6P SPIN & STRETCH NIKKI</p>	<p>7</p> <p>5:45A BOOTCAMP LIZ</p> <p>8:30A BALANCE (STX) SUSAN</p> <p>8:30A PILATES BARRE LAURA</p> <p>9A BOXING/BOOTCAMP STEPH</p> <p>9:30A BUILT ANG</p> <p>10:30A YOGA BLEND ELLIE</p> <p>11A CORE & FLOOR WENDY</p> <p>5:30P BARBELL FIT ABBIE</p> <p>6:30P B-CAMP&BAG CHARLIE</p> <p>6:30P PILATES SCULPT NICOLE</p>	<p>8</p> <p>5:45A SPIN & STRETCH LIZ</p> <p>8:15A HATHA MICHAEL</p> <p>9:15A ULT STRENGTH JAY</p> <p>9:30A SPIN (30/30) ANG</p> <p>9:30A BARBELL FIT ABBIE</p> <p>11A MUSCLE MAX LT LPK</p> <p>12P SPIN B&B JOE</p> <p>4P RESTORATIVE YOGA CARYN</p> <p>5:30P ULT STRENGTH JAY</p> <p>6P SPIN SHIRIN</p> <p>6:30P VINYASA LAUREN</p>	<p>9</p> <p>5:45A BOOTCAMP AMIRA</p> <p>8:30A PILATES SCULPT LAURA</p> <p>8:30A SPIN XL SHIRIN</p> <p>9:30A BUTTS & GUTS ANG</p> <p>9:30A STRICTLY STRENGTH ABBIE</p> <p>5:30P STRICTLY STRENGTH WENDY</p> <p>6:30P B-CAMP&BAG CHARLIE</p> <p>6:30P VINYASA ELLIE</p>	<p>10</p> <p>5:45A SPIN B&B LIZ</p> <p>7:45A HATHA ELLIE</p> <p>9:30A SPIN 30/30 ANGIE</p> <p>9A CIRCUIT STRENGTH ANDY</p> <p>10A MINDFUL MOVEMNT ANDY</p>	<p>11</p> <p>8A HATHA MICHEAL</p> <p>9A SPIN XL ANGIE</p> <p>9A STEP & WEIGHTS PATTY</p> <p>10A PILATES BARRE LAURA</p> <p>10A BOOTCAMP JAY</p> <p>11A B-CAMP & BAG CHARLIE</p> <p>11A ZUMBA CANCELLED</p>
<p>12</p> <p>8A PILATES PATTI</p> <p>9A SPIN(CAT) SHIRIN</p> <p>10:15A HATHA/VIN ELLIE</p> <p>10A BOOTCAMP ABBIE</p>	<p>13</p> <p>5:45A SPIN (XP) AMIRA</p> <p>9A 321 ANDY</p> <p>9:15A SPIN XL(75) ANGIE</p> <p>9:30A PILATES SCULPT NICOLE</p> <p>10A RESTORATIVE YOGA ANDY</p> <p>11A MUSCLE MAX LT WENDY</p> <p>4P MINDFUL MVMT ELLIE</p> <p>5:30P BUTTS & GUTS ABBIE</p> <p>6P SPIN & STRETCH NIKKI</p>	<p>14</p> <p>5:45A BOOTCAMP LIZ</p> <p>8:30A BALANCE (STX) MICHAEL</p> <p>8:30A PILATES BARRE LAURA</p> <p>9A BOXING/BOOTCAMP STEPH</p> <p>9:30A BUILT ALLIE</p> <p>10:30A YOGA BLEND ELLIE</p> <p>11A CORE & FLOOR WENDY</p> <p>5:30P BARBELL FIT ABBIE</p> <p>6:30P B-CAMP&BAG CHARLIE</p> <p>6:30P PILATES SCULPT NICOLE</p>	<p>15</p> <p>5:45A SPIN & STRETCH CINDY</p> <p>8:15A HATHA LINDA</p> <p>9:15A ULT STRENGTH ALLIE</p> <p>9:30A SPIN (30/30) ANG</p> <p>9:30A BARBELL FIT ABBIE</p> <p>11A MUSCLE MAX LT LPK</p> <p>12P SPIN B&B JOE</p> <p>4P RESTORATIVE YOGA CARYN</p> <p>5:30P ULT STRENGTH JAY</p> <p>6P SPIN SHIRIN</p> <p>6:30P VINYASA TAYLOR</p>	<p>16</p> <p>5:45A BOOTCAMP AMIRA</p> <p>8:30A PILATES SCULPT LAURA</p> <p>8:30A SPIN XL SHIRIN</p> <p>9:30A BUTTS & GUTS ANG</p> <p>9:30A STRICTLY STRENGTH ABBIE</p> <p>5:30P STRICTLY STRENGTH WENDY</p> <p>6:30P B-CAMP&BAG CHARLIE</p> <p>6:30P VINYASA LAUREN</p>	<p>17</p> <p>5:45A SPIN B&B LIZ</p> <p>7:45A HATHA ELLIE</p> <p>9:30A SPIN 30/30 ANGIE</p> <p>9A CIRCUIT STRENGTH ANDY</p> <p>10A MINDFUL MOVEMNT ANDY</p>	<p>18</p> <p>8A HATHA MICHEAL</p> <p>9:30A DJ SPIN MATT/ANGIE</p> <p>9A STEP & WEIGHTS PATTY</p> <p>10A PILATES BARRE LAURA</p> <p>10A BOOTCAMP AMIRA</p> <p>11A B-CAMP & BAG CHARLIE</p> <p>11A ZUMBA LAUREN</p>
<p>19</p> <p>8A PILATES PATTI</p> <p>9A SPIN(CAT) SHIRIN</p> <p>10:15A HATHA/VIN CARYN</p> <p>10A BOOTCAMP ABBIE</p>	<p>20</p> <p>5:45A SPIN (XP) AMIRA</p> <p>9A 321 ANDY</p> <p>9:15A SPIN XL(75) ANGIE</p> <p>9:30A PILATES SCULPT NICOLE</p> <p>10A RESTORATIVE YOGA ANDY</p> <p>11A MUSCLE MAX LT CARYN</p> <p>4P MINDFUL MVMT CARYN</p> <p>5:30P BUTTS & GUTS ABBIE</p> <p>6P SPIN & STRETCH NIKKI</p>	<p>21</p> <p>5:45A BOOTCAMP LIZ</p> <p>8:30A BALANCE (STX) MICHAEL</p> <p>8:30A PILATES BARRE LAURA</p> <p>9A BOXING/BOOTCAMP STEPH</p> <p>9:30A BUILT ALLIE</p> <p>10:30A YOGA BLEND ELLIE</p> <p>11A CORE & FLOOR WENDY</p> <p>5:30P BARBELL FIT ABBIE</p> <p>6:30P B-CAMP&BAG CHARLIE</p> <p>6:30P PILATES SCULPT NICOLE</p>	<p>22</p> <p>5:45A SPIN & STRETCH CINDY</p> <p>8:15A HATHA LINDA</p> <p>9:15A ULT STRENGTH ALLIE</p> <p>9:30A SPIN (30/30) ANG</p> <p>9:30A BARBELL FIT ABBIE</p> <p>11A MUSCLE MAX LT LPK</p> <p>12P SPIN B&B JOE</p> <p>4P RESTORATIVE YOGA CARYN</p> <p>5:30P ULT STRENGTH JAY</p> <p>6P SPIN SHIRIN</p> <p>6:30P VINYASA TAYLOR</p>	<p>23</p> <p>5:45A BOOTCAMP AMIRA</p> <p>8:30A PILATES SCULPT LAURA</p> <p>8:30A SPIN XL SHIRIN</p> <p>9:30A BUTTS & GUTS ANG</p> <p>9:30A STRICTLY STRENGTH ABBIE</p> <p>5:30P STRICTLY STRENGTH WENDY</p> <p>6:30P B-CAMP&BAG CHARLIE</p> <p>6:30P VINYASA LAUREN</p>	<p>24</p> <p>5:45A SPIN B&B LIZ</p> <p>7:45A HATHA ELLIE</p> <p>9:30A SPIN 30/30 ANGIE</p> <p>9A CIRCUIT STRENGTH ALLIE</p> <p>10A MINDFUL MOVEMNT ALLIE</p>	<p>25</p> <p>8A HATHA MICHEAL</p> <p>9A SPIN XL ANGIE</p> <p>9A STEP & WEIGHTS PATTY</p> <p>10A PILATES BARRE LAURA</p> <p>10A BOOTCAMP JAY</p> <p>11A B-CAMP & BAG CHARLIE</p> <p>11A ZUMBA LAUREN</p>
<p>26</p> <p>8A PILATES PATTI</p> <p>9A SPIN(CAT) ANG</p> <p>10:15A HATHA/VIN CARYN</p> <p>10A BOOTCAMP AMIRA</p>	<p>27</p> <p>5:45A SPIN (XP) AMIRA</p> <p>9A 321 JAY</p> <p>9:15A SPIN XL(75) ANGIE</p> <p>9:30A PILATES SCULPT NICOLE</p> <p>10A RESTORATIVE YOGA MICHAEL</p> <p>11A MUSCLE MAX LT CARYN</p> <p>4P MINDFUL MVMT CARYN</p> <p>5:30P BUTTS & GUTS ABBIE</p> <p>6P SPIN & STRETCH NIKKI</p>	<p>28</p> <p>5:45A BOOTCAMP LIZ</p> <p>8:30A BALANCE (STX) MICHAEL</p> <p>8:30A PILATES BARRE LAURA</p> <p>9A BOXING/BOOTCAMP STEPH</p> <p>9:30A BUILT ALLIE</p> <p>10:30A YOGA BLEND ELLIE</p> <p>11A CORE & FLOOR WENDY</p> <p>5:30P BARBELL FIT ABBIE</p> <p>6:30P B-CAMP&BAG CHARLIE</p> <p>6:30P PILATES SCULPT NICOLE</p>	<p>29</p> <p>5:45A SPIN & STRETCH CINDY</p> <p>8:15A HATHA LINDA</p> <p>9:15A ULT STRENGTH ALLIE</p> <p>9:30A SPIN (30/30) ANG</p> <p>9:30A BARBELL FIT ABBIE</p> <p>11A MUSCLE MAX LT LPK</p> <p>12P SPIN B&B JOE</p> <p>4P RESTORATIVE YOGA CARYN</p> <p>5:30P ULT STRENGTH JAY</p> <p>6P SPIN ADRIENNENNE</p> <p>6:30P VINYASA TAYLOR</p>	<p>30</p> <p>5:45A BOOTCAMP AMIRA</p> <p>8:30A PILATES SCULPT LAURA</p> <p>8:30A SPIN XL ANG</p> <p>9:30A BUTTS & GUTS ALLIE</p> <p>9:30A STRICTLY STRENGTH ABBIE</p> <p>5:30P STRICTLY STRENGTH WENDY</p> <p>6:30P B-CAMP&BAG CHARLIE</p> <p>6:30P VINYASA LAUREN</p>		