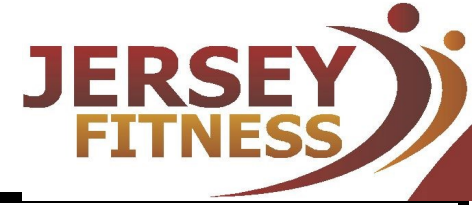




April 2018

Group Exercise Schedule



Mon	Tue	Wed	Thu	Fri	Sat
1 10:00AM Buti Yoga Amanda	2 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Alaina 6:30PM Kardio Karate Chrissy	3 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	4 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy	5 ZUMBA Betsy 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga	6 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Chrissy
8	9 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy	10 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	11 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Alaina	12 9:15AM ZUMBA Betsy 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Maura 6:45PM Yoga	13 9:15AM Circuit Training Colleen 10:00AM Pilates Colleen 5:30 PM ZUMBA Betsy
15	16 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Alaina 6:30PM Kardio Karate No Class	17 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	18 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy	19 9:15AM ZUMBA No Class 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Maura 6:45PM Yoga	20 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Alaina
					21 9:00AM Cardio Sculpt Maura 10:15AM Yoga
22	23 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy	24 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	25 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Alaina	26 9:15AM ZUMBA Betsy 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga	27 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy
					28 Nick Mowers 5K Riverview Beach Park 10:15AM Yoga
29	30 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Alaina 6:30PM Kardio Karate Chrissy	Buti yoga is a dynamic asana practice fused with primal movement, tribal dance and deep core engagement.		Questions/Comments/Concerns: Chrissyboza@yahoo.com *Schedule and Instructors subject to change*	