

April 2024

AEROBICS ROOM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar 31	1	2	3	4	5	6
8 AM Private Class (HS) ↻	8 AM Walk Away the Poi ↻ 2 PM Private Class (CM) ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 6:30 PM 🧘 YOGA PM ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 12:15 PM PT ↻ 2 PM 🕺 Line Dance Gro ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Walk Away the Poi ↻	8 AM Funhouse ↻
7	8	9	10	11	12	13
8 AM Private Class (HS) ↻	8 AM Walk Away the Poi ↻ 2 PM Private Class (CM) ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 6:30 PM 🧘 YOGA PM ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 12:15 PM PT ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Walk Away the Poi ↻	8 AM Funhouse ↻
14	15	16	17	18	19	20
8 AM Private Class (HS) ↻	8 AM Walk Away the Poi ↻ 2 PM Private Class (CM) ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 6:30 PM 🧘 YOGA PM ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 12:15 PM PT ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Walk Away the Poi ↻	8 AM Funhouse ↻
21	22	23	24	25	26	27
8 AM Private Class (HS) ↻	8 AM Walk Away the Poi ↻ 2 PM Private Class (CM) ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 6:30 PM 🧘 YOGA PM ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 12:15 PM PT ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Walk Away the Poi ↻	8 AM Funhouse ↻
28	29	30	May 1	2	3	4
8 AM Private Class (HS) ↻	8 AM Walk Away the Poi ↻ 2 PM Private Class (CM) ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 6:30 PM 🧘 YOGA PM ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 12:15 PM PT ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Walk Away the Poi ↻	8 AM Funhouse ↻