



APRIL GROUP FITNESS SCHEDULE

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|--|--|--|--|--|
| <p>FITBENCH BURN 11:00 AM</p> <p>BELLICON TRAMPOLINE DANCE CARDIO 12:30 PM</p> | <p>LIFT CLASS 6:00 PM</p> <p>VINYASA YOGA 6:00 PM</p> <p>SALSA DANCE 7:15 PM</p> | <p>ATHLETIC YOGA 7:30 AM</p> <p>ATHLETIC TRAINING 6:00 PM</p> <p>RESTORATIVE YOGA 7:00 PM</p> | <p>BELLICON TRAMPOLINE SHADOWBOXING 7:00 AM</p> <p>BARRE & MAT PILATES 9:30 AM</p> <p>FULL BODY BOOTCAMP 5:30 PM</p> <p>LIFT CLASS 6:00 PM</p> | <p>TAI CHI & QIGONG BLEND 8:30 AM</p> <p>BELLICON TRAMPOLINE INTERVALS 9:00 AM</p> <p>FITBENCH BURN 6:00 PM</p> <p>SAVAGE BOXING 7:00 PM</p> | <p>VINYASA YOGA 6:30 AM</p> <p>BELLICON TRAMPOLINE STRENGTH CIRCUITS 8:30 AM</p> <p>BELLICON TRAMPOLINE DANCE CARDIO 4:30 PM</p> <p>LIFT CLASS 6:00 PM</p> | <p>YOGA FLOW 7:30 AM</p> <p>YOGA SCULPT 8:45 AM</p> <p>LIFT CLASS 9:30 AM</p> <p>BELLICON TRAMPOLINE SHADOWBOXING 11:00 AM</p> |