

# APRIL

## THREE SPRINGS ROAD

# 2024



		MON	TUE	WED	THU	FRI	SAT
5:15-6:15 AM	Strength and Agility -Carrie  Spin w/ Beth 4/1, 4/22,4/29 Spin w/ Regina 4/8, 4/15	Power Up+Kickboxing  -Allison	Dance+Step (4/3 &4/17) Butts "N" Guts (4/10 &4/24) -Carrie  Spin -Beth				
8:30-9:30 AM	Power Up  -Tina	Spin  -Chandler	Bootcamp  -Tina	Spin -Chandler  Zumba -Ana	F.I.T.  -Ana	Spin  -Chandler  *Beth 4/6, 4/20	
9:30-10:30 AM	Spin  -Tina	Tabata +  -Chandler	Spin  -Tina	Pump It Up  -Chandler	Spin  -Beth	*Pilates w/ Chandler 4/13 *Pilates w/ Allison 4/27	
5:30-6:30 PM	Zumba  -Ana	Strength & Conditioning  Danny	Power Up +Tabata  -Regina				