

April 2021 Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>All Group Fitness Classes are being held Virtually until April 19th, 2021. Watch for updates!</u>			1 Flow Yoga-Aspen 8:00-9:00am Bums & Tums-Maria 5:00-5:45pm Yin & Yan Yoga-Josee 6:00-7:00pm	2 No classes Easter	3	4
5 No classes Easter	6 Cardio & Core- Maria 5:00-6:00pm	7 Vinyasa Yoga-Aspen 5:00-6:00pm	8 Flow Yoga-Aspen 8:00-9:00am Bums & Tums-Maria 5:00-5:45pm Yin & Yan Yoga-Josee 6:00-7:00pm	9 Flow Yoga - Josee 8:00-9:00am Sweat it with Shannon 10:00-11:00am	10	11 *NEW* Sweat & Flow Josee & Maria 10:00-11:00am
12 Flow Yoga- Josee 8:00-9:00am Bums & Tums- Maria 2:30-3:30pm Power Yoga- Josee 7:00-8:00pm	13 Cardio & Core- Maria 5:00-6:00pm	14 Sweat it with Shannon 10:00-11:00am Vinyasa Yoga-Aspen 5:00-6:00pm	15 Flow Yoga-Aspen 8:00-9:00am Bums & Tums-Maria 5:00-5:45pm Yin & Yan Yoga-Josee 6:00-7:00pm	16 Flow Yoga - Josee 8:00-9:00am	17	18
19 Flow Yoga- Aspen 8:00-9:00am Bums & Tums- Maria 2:30-3:30pm Power Yoga- Josee 7:00-8:00pm	20 Cardio & Core- Maria 5:00-6:00pm	21 Vinyasa Yoga-Aspen 5:00-6:00pm	22 Flow Yoga-Aspen 8:00-9:00am Bums & Tums-Joella 5:00-5:45pm Yin & Yan Yoga-Josee 6:00-7:00pm	23 Flow Yoga - Shannon 8:00-9:00am	24	25 *NEW* Sweat & Flow Josee & Maria 10:00-11:00am
26 Flow Yoga- Aspen 8:00-9:00am Bums & Tums- Maria 2:30-3:30pm Power Yoga- Josee 7:00-8:00pm	27 Cardio & Core- Joella 5:00-6:00pm	28 Vinyasa Yoga-Aspen 5:00-6:00pm	29 Flow Yoga-Aspen 8:00-9:00am Bums & Tums-Maria 5:00-5:45pm Yin & Yan Yoga-Josee 6:00-7:00pm	30 Flow Yoga - Shannon 8:00-9:00am		