

April

MON

TUE

WED

THU

FRI

1

1700-MMA
1800-Strong Nation
1830-BJJ

2

0700/1500-MPF
0900-HIIT
1800- HIIT

3

0700/1500-MPF
0900-HIIT
1700- MMA
1800- Zumba
1800- Strong Nation
1830-BJJ

4

0700/1500-MPF
1800- Yoga

5

0900-HIIT
1830- BJJ

8

1700-MMA
1800-Strong Nation
1830-BJJ

9

0700/1500-MPF
0900-HIIT
1800- HIIT

10

0700/1500-MPF
0900-HIIT
1700- MMA
1800- Zumba
1800-Strong Nation
1830-BJJ

11

0700/1500-MPF
1800- Yoga

12

0900-HIIT
1830- BJJ

15

1700-MMA
1800-Strong Nation
1830-BJJ

16

0700/1500-MPF
0900-HIIT
1800- HIIT

17

0700/1500-MPF
0900-HIIT
1700- MMA
1800- Zumba
1800-Strong Nation
1830-BJJ

18

0700/1500-MPF
1800- Yoga

19

0900-HIIT
1830- BJJ

22

1700-MMA
1830-BJJ

23

0700/1500-MPF
0900-HIIT
1800- HIIT

24

0700/1500-MPF
0900-HIIT
1700- MMA
1800- Zumba
1830-BJJ

25

0700/1500-MPF
1800- Yoga

26

0900-HIIT
1830- BJJ

29

1700-MMA
1800-Strong Nation
1830-BJJ

30

0700/1500-MPF
0900-HIIT
1800- HIIT