

# April

MON

TUE

WED

THU

FRI

1

0700/1500-MPF  
0900-HIIT  
1800-BJJ

2

0700/1500-MPF  
0900-HIIT  
1800-ZUMBA

3

0700/1500-MPF  
1800-BJJ

4

0900-HIIT

7

1800-ZUMBA

8

0700/1500-MPF  
0900-HIIT  
1800- BJJ

9

0700/1500-MPF  
0900-HIIT  
1800-ZUMBA

10

0700/1500-MPF  
1800-BJJ

11

0900-HIIT

14

15

16

17

18

**24/7 ACCESS ONLY – EXERCISE**

21

1800-ZUMBA

22

0700/1500-MPF  
0900-HIIT  
1800- BJJ

23

0700/1500-MPF  
0900-HIIT  
1800-ZUMBA

24

0700/1500-MPF  
1800- BJJ

25

0900-HIIT

28

1800-BJJ

29

0700/1500-MPF  
0900-HIIT  
1800- BJJ

30

0700/1500-MPF  
0900-HIIT  
1800-ZUMBA