



APRIL CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 9:30am Bikini Bootcamp 6pm Bikini Bootcamp (Kickboxing)	30 6pm Bikini Bootcamp 8pm Fat Loss Faster	31 9:30am Bikini Bootcamp 6pm Bikini Bootcamp	1 6pm Bikini Bootcamp 8pm Fat Loss Faster	2 9:30am Bikini Bootcamp	3
4	5 9:30am Bikini Bootcamp 6pm Bikini Bootcamp (Kickboxing)	6 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	7 9:30am Bikini Bootcamp 6pm Bikini Bootcamp	8 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	9 9:30am Bikini Bootcamp	10
11	12 9:30am Bikini Bootcamp 6pm Bikini Bootcamp (Kickboxing)	13 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	14 9:30am Bikini Bootcamp 6pm Bikini Bootcamp	15 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	16 9:30am Bikini Bootcamp	17
18	19 9:30am Bikini Bootcamp 6pm Bikini Bootcamp (Kickboxing)	20 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	21 9:30am Bikini Bootcamp 6pm Bikini Bootcamp	22 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	23 9:30am Bikini Bootcamp	24
25	26 9:30am Bikini Bootcamp 6pm Bikini Bootcamp (Kickboxing)	27 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	28 9:30am Bikini Bootcamp 6pm Bikini Bootcamp	29 9:30am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	30 9:30am Bikini Bootcamp	31

Bikini Bootcamp: Tone, sculpt and burn the fat. With our unique fusion of resistance training, plyometrics, speed intervals, kettlebell work, core conditioning and more.

Fat Loss Faster: This program combines the latest and most advanced exercise techniques for toning and fat loss. Limit of 4 people per class.

Kickboxing: A fun filled hour of kicking, punching and a whole lot more. This full body workout will have you drenched with sweat by the end of the class!