

# April 2018

Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> <b>RHYTHMS&amp;FLAWS</b> Josie 4:30pm  <b>SPINNING</b> Laurette 5:00pm	<b>3</b> SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm TABATA-Susan 6:00pm	<b>4</b> CYCLING-Angie 6:00am RHYTHMS&FLAWS- Josie 4:30 LINE DANCING-Jaime 6:00pm-8:00pm SPINNING-Laurette 5:00pm	<b>5</b> SPIN-Nancy 3:45 HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm TABATA-Susan 6:00pm	<b>6</b> <b>CYCLING</b> Angie 6:00am	<b>7</b> <b>HARD CORE</b> Dawn 10:00am
<b>9</b> <b>RHYTHMS&amp;FLAWS</b> Josie 4:30pm  <b>SPINNING</b> Laurette 5:00pm	<b>10</b> SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm TABATA-Susan 6:00pm	<b>11</b> CYCLING-Angie 6:00am RHYTHMS&FLAWS- Josie 4:30 LINE DANCING-Jaime 6:00pm-8:00pm SPINNING-Laurette 5:00pm	<b>12</b> SPIN-Nancy 3:45 HARD CORE -Dawn 4:30pm HARD CORE-Dawn 5:45p TABATA-Susan 6:00pm	<b>13</b> <b>CYCLING</b> Angie 6:00am	<b>14</b> <b>HARD CORE</b> Dawn 10:00am Upstairs Room
<b>16</b> <b>RHYTHMS&amp;FLAWS</b> Josie 4:30pm  <b>SPINNING</b> Laurette 5:00pm	<b>17</b> SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm TABATA-Susan 6:00pm	<b>18</b> CYCLING-Angie 6:00am RHYTHMS&FLAWS- Josie 4:30 LINE DANCING-Jaime 6:00pm-8:00pm SPINNING-Laurette 5:00pm	<b>19</b> SPIN-Nancy 3:45pm HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm TABATA-Susan 6:00pm	<b>20</b> <b>CYCLING</b> Angie 6:00am	<b>21</b> <b>HARD CORE</b> Dawn 10:00am Upstairs Room
<b>23</b> <b>RHYTHMS&amp;FLAWS</b> Josie 4:30pm  <b>SPINNING</b> Laurette 5:00pm	<b>24</b> SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm HARD CORE-Dawn 5:45pm TABATA-Susan 6:00pm	<b>25</b> CYCLING-Angie 6:00am RHYTHMS&FLAWS- Josie 4:30 LINE DANCING-Jaime 6:00pm-8:00pm SPINNING-Laurette 5:00pm	<b>26</b> SPIN-Nancy 3:45pm HARD CORE-Dawn4:30pm HARD CORE-Dawn 5:45pm TABATA-Susan 6:00pm	<b>27</b> <b>CYCLING</b> Angie 6:00am	<b>28</b> <b>HARD CORE</b> Dawn 10:00am
<b>30</b> <b>RHYTHMS&amp;FLAWS</b> Josie 4:30pm  <b>SPINNING</b> Laurette 5:00pm					