



# April 2019 Employee Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
1 12:00-12:30pm Yoga 4:30-5:30pm Circuits	2 12:00-12:30 Cardio Strength 4:30-5:30 Tuesday Tabata	3 12:00-12:30pm Tabata 4:30-5:30 Butts & Guts	4 12:00-12:30pm Body Blast 4:30-5:30pm Anything Goes	5
8 12:00-12:30pm Yoga 4:30-5:30pm Cardio Strength	9 12:00-12:30pm Butts & Guts 4:30-5:30pm Tuesday Tabata	10 12:00-12:30pm Total Body Tone 4:30-5:30 Body Blast	11 12:00-12:30pm Cardio Strength 4:30-5:30pm Anything Goes	12
15 12:00-12:30pm Yoga 4:30-5:30pm Total Body Tone	16 12:00-12:30pm Mini Circuits 4:30-5:30pm Tuesday Tabata	17 12:00-12:30pm Butts & Guts 4:30-5:30 Circuits	18 12:00-12:30pm Body Blast 4:30-5:30pm Anything Goes	19
22 12:00-12:30pm Yoga 4:30-5:30pm Butts & Guts	23 12:00-12:30pm Tabata 4:30-5:30pm Tuesday Tabata	24 12:00-12:30pm Cardio Strength 4:30-5:30 Body Blast	25 12:00-12:30pm Total Body Tone 4:30-5:30pm Anything Goes	26
28 12:00-12:30pm Yoga 4:30-5:30pm Cardio Strength	29 12:00-12:30 Cardio Strength 4:30-5:30 Tuesday Tabata	30 12:00-12:30pm Tabata 4:30-5:30 Total Body Tone	31 12:00-12:30pm Body Blast 4:30-5:30pm Anything Goes	