

XF Aerobics APRIL 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																		
1 Easter April Fool's Day	2 9:00 AM RIP 10:00 AM Ab Class 11:00 KIDS ZUMBA! 5:00 PM Restorative Yoga 5:45 PM Spin PL 6:30 PM Ab Class 7:00 PM Zumba Toning	3 9 AM Kick Box 10:00 AM Zumba I 11:00 KIDS ZUMBA! 6:00 PM Leg Blaster 7:00 PM HOT! Yoga	4 9:00 AM Ab Lab 10:00 AM Barre/Restorative 11:00 KIDS ZUMBA! 11:00 AM Beginner Spin J 5:00 PM Yoga 7:00 PM MIXXEDFIT	5 9:00 AM RIP 10:00 AM Yoga Core 5:00 Barre/Sculpt 6:00 PM Spin PL 6:00 PM Buns and Guns 7:00 PM Zumba	6 9:00 AM Pound 10:00 AM MIXXED FIT	7 9:00 AM Ab Class 9:30 AM Zumba Tone I 9:30 AM Beginner Spin J 10:30 AM Restorative Yoga																																																																																		
8	9 9:00 AM RIP 10:10 AM Ab Class 10:40 AM Yoga Sculpt 5:00 PM Restorative Yoga 6:30 PM Ab Class 7:00 PM Zumba Toning	10 9:00 AM Kick Boxing 10:00 AM Zumba I 6:00 PM Spin PL 6:00 PM Leg Blaster 7:00 PM HOT! Yoga	11 9:00 AM Bootcamp 10:00 AM Barre/Restorative 11:00 AM Beginner Spin J 5:00 PM Yoga 6:00 PM Spin PL 7:00 PM MIXXEDFIT	12 9:00 AM RIP 10:00 AM Yoga Core 5:00 Barre/Sculpt 6:00 PM Buns and Guns 7:00 PM Zumba	13 9:00 AM Pound 10:00 AM MIXXED FIT	14 9:00 AM Ab Class 9:30 AM Zumba Tone I 9:30 AM Beginner Spin J 10:30 AM Restorative Yoga																																																																																		
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		March 2018 <table border="1" style="font-size: small; border-collapse: collapse; width: 100%;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	S	M	T	W	Th	F	Sa					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	May 2018 <table border="1" style="font-size: small; border-collapse: collapse; width: 100%;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	Sa			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			Notes: I - Izzy E - Erin PL - PL J - Jennifer
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