


STUDIOFIT CLASSES APRIL 2022

	MON	TUE	WED	THU	FRI	SAT	SUN
6:30 AM			6:30 AM SUNRISE STRENGTH MATT Location: Serosis Park				
8:30 AM	8:30AM FUNCTIONAL STRENGTH LINDY		8:30AM FUNCTIONAL STRENGTH LINDY		8:30AM FUNCTIONAL STRENGTH LINDY		
9:00 AM		9:00AM RIVER RUN HANNAH Location: Klindt's Cove		9:00AM RIVER RUN HANNAH Location: Klindt's Cove		9:00AM BARRE HANNAH	
5:30 PM	5:30PM BEGINNER STRENGTH MATT		5:30PM BARRE HANNAH	5:30PM FOAM ROLLING LINDY			
6:00 PM		6:00PM STRETCH HANNAH			 <p>April Wellness Workshop "Nutrition For Stress Management" Saturday, April 30th 11am</p>		
6:30 PM	6:30PM ZUMBA Dez		6:30PM COMMUNITY ZUMBA HANNAH	6:30PM HIIT STRENGTH MATT			