



APR 2025

SUN MON TUE WED THU FRI SAT

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
	POP-UP EVENING CLASSES	8:00 am (30m) STRONGER 8:35 am (25m) HOME STRETCH	9:00 am (30m) CORE 'n BI / TRI	8:30 am (40m) SOLID		9:00 am (40m) STRONGER 9:45 am (30m) HOME STRETCH
	6	7	8	9	10	11
			8:00 am (30m) STRONGER 8:35 am (25m) HOME STRETCH	9:00 am (30m) CORE 'n MOBILITY MOVES	8:30 am (40m) SOLID	9:00 am (40m) STRONGER 9:45 am (30m) HOME STRETCH
	13	14	15	16	17	18
	YAY!  5:30 pm (40m) MONDAY MADNESS	8:00 am (30m) STRONGER 8:35 am (25m) HOME STRETCH	9:00 am (30m) CORE 'n LOWER LEG	8:30 am (40m) SOLID		Happy Easter! 
	20	21	22	23	24	25
		8:00 am (30m) STRONGER 8:35 am (25m) HOME STRETCH	9:00 am (30m) CORE 'n LOW-IMPACT CARDIO	8:30 am (40m) SOLID		9:00 am (40m) STRONGER 9:45 am (30m) HOME STRETCH
	27	28	29	30		
 5:30 pm (30m) CANDLELIGHT STRETCH		8:00 am (30m) STRONGER 8:35 am (25m) HOME STRETCH	9:00 am (30m) CORE 'n CHEST / BACK			

** Schedule is in Pacific Time

Donations ♥ Apr May June 2025

