XF Aerobics APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Easter	1 10:00 AM Yoga Core 10:30 AM Yoga Barre/Sculpt 11:00 AM Stretch 5:30 PM Booty Blast 6:00 PM Bootcamp Su 7:00 PM Zumba Y	2 9:00 AM Piyo V 10:00 AM Ab Class 6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga	3 10:00 AM Pound V 5:00 PM Piyo V	4 9:00 AM Piyo V 10:00 AM Yoga Sculpt 10:30 AM Yoga Stretch 6:00 PM HIIT the Zone T 7:00 PM Bootcamp SU **New!**	5 9:00 AM Spin PL	6 9:00 AM Ab Class V 9:30 AM Spin PL
KEY **T=Taryn** **PL=PL** **SU=Sunta** **V=Veronica** **Y=Yve**	8 10:00 AM Yoga Core 10:30 AM Yoga Barre/Sculpt 11:00 AM Stretch 5:30 PM Booty Blast 6:00 PM Bootcamp Su 7:00 PM Zumba Y	9 9:00 AM Piyo V 10:00 AM Ab Class w/Doyl 6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga	10 10:00 AM Pound V 5:00 PM Piyo V	11 9:00 AM Piyo V 10:00 AM Yoga Sculpt 10:30 AM Yoga Stretch 6:00 PM HIIT the Zone T 7:00 PM Bootcamp SU **New!**	12 9:00 AM Spin PL	13 9:00 AM Ab Class V 9:30 AM Spin PL
14	15 10:00 AM Yoga Core 10:30 AM Yoga Barre/Sculpt 11:00 AM Stretch 5:30 PM Booty Blast 6:00 PM Bootcamp Su 7:00 PM Zumba Y	16 9:00 AM Piyo V 10:00 AM Ab Class 6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga	17 10:00 AM Pound V 5:00 PM Piyo V	18 9:00 AM Piyo V 10:00 AM Yoga Sculpt 10:30 AM Yoga Stretch 6:00 PM HIIT the Zone T 7:00 PM Bootcamp SU **New!**	19 9:00 AM Spin PL	20 9:00 AM Ab Class V 9:30 AM Spin PL
21	22 10:00 AM Yoga Core 10:30 AM Yoga Barre/Sculpt 11:00 AM Stretch 5:30 PM Booty Blast 6:00 PM Bootcamp Su 7:00 PM Zumba Y	23 9:00 AM Piyo V 10:00 AM Ab Class 6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga	24 10:00 AM Pound V 5:00 PM Piyo V	25 9:00 AM Piyo V 10:00 AM Yoga Sculpt 10:30 AM Yoga Stretch 6:00 PM HIIT the Zone T 7:00 PM Bootcamp SU **New!**	26 9:00 AM Spin PL	27 9:00 AM Ab Class V 9:30 AM Spin PL
28	29 10:00 AM Yoga Core 10:30 AM Yoga Barre/Sculpt 11:00 AM Stretch 5:30 PM Booty Blast 6:00 PM Bootcamp Su 7:00 PM Zumba Y	30 9:00 AM Piyo V 10:00 AM Ab Class 6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga	1	2	3	4