April - Basketball Gym Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:00a-10:15a: Pilates	8:00a-9:15a: Barre	9:00a-10:15a: Pilates	8:00a-9:15a: Strength	11:45a-12:30p: HIIT Express	8:15a-9:15a: Pilates
	11:00a-11:45a: Strength	9:15a-10:45a:Swim 4 life	11:00a-11:45a: Strength	9:15a-10:45a:Swim 4 life	12:30p-12:45p: Abs	1p-4p: Pickleball
	12p-12:30p: HIIT Express	11:15a-12:30p: Rock Steady	12p-12:30p: HIIT Express	11:15a-12:30p Rock Steady		
	12:30p-12:45p: Abs	5:15p-6:30p: HIIT	12:30p-12:45p: Abs	1:15p-2:30: Montessori		
	1:15p-2:30: Montessori	6:45p-8p Volleyball Practice	1:15p-2:30p: Rock Steady	6:45p-8p Volleyball Practice		
	5:15p-6:30p: Pilates	, , , , , , , , , , , , , , , , , , , ,	5:15p-6:30p: Pilates			
	6:30p-9:30p: Pickleball		6:30p-9:30p: Pickleball			
	8	9	10	11	12	13
	9:00a-10:15a: Pilates	8:00a-9:15a: Barre	9:00a-10:15a: Pilates	8:00a-9:15a: Strength	11:45a-12:30p: HIIT Express	9:15a-10:15a: Pilates
	11:00a-11:45a: Strength	9:15a-10:45a:Swim 4 life	11:00a-11:45a: Strength	9:15a-10:45a:Swim 4 life	12:30p-12:45p: Abs	10:30p-2p Volleyball
	12p-12:30p: HIIT Express	11:15a-12:30p: Rock Steady	12p-12:30p: HIIT Express	11:15a-12:30p Rock Steady	12.300 12.130.7183	10.50p 2p Volicyball
	12:30p-12:45p: Abs	5:15p-6:30p: HIIT	12:30p-12:45p: Abs	1:15p-2:30: Montessori		
	1:15p-2:30: Montessori	6:45p-8p Volleyball Practice	1:15p-2:30p: Rock Steady	6:45p-8p Volleyball Practice		
	•	6.45p-8p Volleyball Practice	1 ' '	6.45p-op Volleyball Practice		
	5:15p-6:30p: Pilates		5:15p-6:30p: Pilates			
	6:30p-9:30p: Pickleball	1.6	6:30p-9:30p: Pickleball	10	19	120
.4	9:00a-10:15a: Pilates	16 8:00a-9:15a: Barre	9:00a-10:15a: Pilates	8:00a-9:15a: Strength	11:45a-12:30p: HIIT Express	20 9:15a-10:15a: Pilates
	11:00a-11:45a: Strength	9:15a-10:45a:Swim 4 life	11:00a-11:45a: Strength	9:15a-10:45a:Swim 4 life	12:30p-12:45p: Abs	1p-4p: Pickleball
	_		_		12:30p-12:45p: Abs	тр-4р: Ріскіеван
	12p-12:30p: HIIT Express	11:15a-12:30p: Rock Steady	12p-12:30p: HIIT Express	11:15a-12:30p Rock Steady		
	12:30p-12:45p: Abs	5:15p-6:30p: HIIT	12:30p-12:45p: Abs	1:15p-2:30: Montessori		
	1:15p-2:30: Montessori	6:45p-8p Volleyball Practice	1:15p-2:30p: Rock Steady	6:45p-8p Volleyball Practice		
	5:15p-6:30p: Pilates		5:15p-6:30p: Pilates			
	6:30p-9:30p: Pickleball		6:30p-9:30p: Pickleball			
21	22	23	24	25	26	27
	9:00a-10:15a: Pilates	8:00a-9:15a: Barre	9:00a-10:15a: Pilates	8:00a-9:15a: Strength	11:00 SWIM MEET	
	11:00a-11:45a: Strength	9:15a-10:45a:Swim 4 life	11:00a-11:45a: Strength	9:15a-10:45a:Swim 4 life		
	12p-12:30p: HIIT Express	11:15a-12:30p: Rock Steady	12p-12:30p: HIIT Express	11:15a-12:30p Rock Steady	CLOSED ALL WEEKEND	SWIM
	12:30p-12:45p: Abs	5:15p-6:30p: HIIT	12:30p-12:45p: Abs	1:15p-2:30: Montessori		MEET
	1:15p-2:30: Montessori	6:45p-8p Volleyball Practice	1:15p-2:30p: Rock Steady	6:45p-8p Volleyball Practice		
	5:15p-6:30p: Pilates		5:15p-6:30p: Pilates	' ' /		
	6:30p-9:30p: Pickleball		6:30p-9:30p: Pickleball			
	29	30				
-	9:00a-10:15a: Pilates	8:00a-9:15a: Barre				
	11:00a-11:45a: Strength	9:15a-10:45a:Swim 4 life				
C) 4 // 5 4	12p-12:30p: HIIT Express	11:15a-12:30p: Rock Steady				
SWIM			1		1	
MEET	12:30p-12:45p: Abs	5:15p-6:30p: HIIT				
	12:30p-12:45p: Abs	5:15p-6:30p: HIIT 6:45p-8p Volleyball Practice				
	12:30p-12:45p: Abs 1:15p-2:30: Montessori	5:15p-6:30p: HIIT 6:45p-8p Volleyball Practice				
	12:30p-12:45p: Abs	•				