

April - Basketball Gym Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30: Montessori 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	2 8:00a-9:15a: Barre 9:15a-10:45a:Swim 4 life 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT 6:45p-8p Volleyball Practice	3 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	4 8:00a-9:15a: Strength 9:15a-10:45a:Swim 4 life 11:15a-12:30p Rock Steady 1:15p-2:30: Montessori 6:45p-8p Volleyball Practice	5 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	6 8:15a-9:15a: Pilates 1p-4p: Pickleball
7	8	9	10	11	12	13
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28	29	30				
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