

APRIL 2024

Whatever your goal, we can make it happen.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1.</p> <p>NO 5AM</p> <p>8:30 BP Mary 10 SS Cojo 4:30 BF Tiffany 5:30 BP Brandi 6:30 Sprint Lance</p>	<p>2.</p> <p>5am BS Kristy 8:30 BA Kelli 4:45 Shred Liz 5:30 BC Stacie</p>	<p>3.</p> <p>5am BP Kelli 8:30 BP Mary 10 SS Mimi 5:30 BP Liz</p>	<p>4.</p> <p>5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz</p>	<p>5.</p> <p>5am BC Brittney 8:30 Tone Kelli 8am SS Mimi</p>	
<p>Class Type</p> <p>BP-BODYPUMP BS-BODYSTEP BA-BODYATTACK BC-BODYCOMBAT BF-BODYFLOW SPRINT-CYCLING SHRED - HIIT SS-SILVER SNEAKERS</p> <p>LES MILLS BODYATTACK</p> <p>LES MILLS BODYPUMP</p> <p>LES MILLS BODYCOMBAT</p> <p>LES MILLS BODYSTEP</p> <p>LES MILLS BODYFLOW</p> <p>LES MILLS VIRTUAL</p> <p>Silver Sneakers</p> <p>LES MILLS SPRINT</p>	<p>8.</p> <p>5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi 6:30 Sprint Lance</p>	<p>9.</p> <p>5am BS Kristy 8:30 BA Kelli 4:45 Shred Brandy 5:30 BC Stacie</p>	<p>10.</p> <p>5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz</p>	<p>11.</p> <p>5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz</p>	<p>12.</p> <p>5am BC Brittany 8:30 Tone Kelli 10am SS Mimi</p>	<p>13.</p>
	<p>15.</p> <p>5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi 6:30 Sprint Rhonda</p>	<p>16.</p> <p>5am BS Kristy 8:30 BA Kelli 4:45 Shred Trenda 5:30 BC Stacie</p>	<p>17.</p> <p>5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz</p>	<p>18.</p> <p>5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz</p>	<p>19.</p> <p>5am BC Brittany 8:30 Tone Kelli 10am SS Mimi</p>	<p>20.</p>
	<p>22.</p> <p>5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi 6:30 Sprint Rhonda</p>	<p>23.</p> <p>5am BS Kristy 8:30 BA Kelli 4:45 Shred Tenda 5:30 BC Stacie</p>	<p>24.</p> <p>5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz</p>	<p>25.</p> <p>5am Tone Lindsey 8:30 BF Dee 5:30 Shred Liz</p>	<p>26.</p> <p>5am BC Brittany 8:30 Tone Kelli 10am SS Mimi</p>	<p>27.</p> <p>WOCO St. Tammany Trace Bike Ride Details TBA</p>
	<p>29.</p> <p>5am BP Brandy 8:30 BP Trenda 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi 6:30 Sprint Rhonda</p>	<p>30.</p> <p>5am BS Kristy 8:30 BA Kelli 4:45 Shred Trenda 5:30 BC Stacie</p>				