

2026 APRIL

AEROBICS CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
			01 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Warrior Cycle 6:30 PM Strength Development	02 9:30 AM Circuit 10:30 AM TBC 5:15 PM HIIT Warrior	03 9:30 AM Bootcamp	04
05	06 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Warrior Cycle 6:30 PM Strength Development	07 9:30 AM Spin & Sculpt 10:30 AM TBC 5:15 PM HIIT Warrior	08 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Warrior Cycle 6:30 PM Strength Development	09 9:30 AM Circuit 10:30 AM TBC 5:15 PM HIIT Warrior	10 9:30 AM Bootcamp	11
12	13 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Warrior Cycle 6:30 PM Strength Development	14 9:30 AM Spin & Sculpt 10:30 AM TBC 5:15 PM HIIT Warrior	15 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Warrior Cycle 6:30 PM Strength Development	16 9:30 AM Circuit 10:30 AM TBC 5:15 PM HIIT Warrior	17 9:30 AM Bootcamp	18
19	20 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Warrior Cycle 6:30 PM Strength Development	21 9:30 AM Spin & Sculpt 10:30 AM TBC 5:15 PM HIIT Warrior	22 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Warrior Cycle 6:30 PM Strength Development	23 9:30 AM Circuit 10:30 AM TBC 5:15 PM HIIT Warrior	24 9:30 AM Bootcamp	25
26	27 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Warrior Cycle 6:30 PM Strength Development	28 9:30 AM Spin & Sculpt 10:30 AM TBC 5:15 PM HIIT Warrior	29 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Warrior Cycle 6:30 PM Strength Development	30 9:30 AM Circuit 10:30 AM TBC 5:15 PM HIIT Warrior		