



APRIL



POWERHOUSE GYM OC GROUP FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RPM	RPM	RPM	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE	Fit Barre
8:30-9:30am Charlene	7:00-7:45am *Kayla 4/1, 4/22	5:15-6:10am Shanan	5:15-6:15am Kim	5:15-6:10am Fred	5:15-6:15am Kim	7:25-8:25 Colleen
HATHA YOGA	*Sally 4/8	BODY PUMP	RPM - Kayla 4/10	BODY PUMP	RPM - Kayla 4/5	RPM
8:30-9:30am Lindsay	*Kristin 4/15, 4/29 Fit Barre	6:15-7:15am Shanan	HATHA YOGA 8:00-9:00am Maya	6:00-7:00am Shanan	HATHA YOGA 8:30-9:30am Maya	8:30-9:30am Jenelle 4/6 Sally 4/20
*Maya 4/7 NO CLASS 4/21	8:30-9:30am Colleen	PILATES 1 7:45-8:45am Kristin	GROUP CYCLE 8:30-9:30am Sue	PILATES 2 7:45-8:45am Kristin	GROUP CYCLE 8:30-9:30am Jess Cropper	GROUP CYCLE 8:30-9:30am Charlene 4/13
BODY PUMP EXPRESS	8:45-9:15am Jess Boring	*Jess Adams 4/2 GROUP CYCLE	BODY COMBAT 9:00-9:45am Chandi	GROUP CYCLE 9:00-9:45am Chandi	*Jess Boring 4/5 BODY BLAST 9:45-10:30am Sue	Shanan 4/27 BODY COMBAT 8:30-9:30am Michelle
9:35-10:20am Charlene	BODY PUMP 9:35-10:35am Megan	*Sally 4/2 TABATA 9:00-9:45am Megan	SENIOR BOOT CAMP 10:10-11:10am Megan	*Kayla 4/4 TABATA 9:00-9:45am Megan	SENIOR BOOT CAMP 10:35-11:35am Sue	HATHA YOGA 9:35-10:35pm Lindsay
*NO CLASS 4/21 CX WORX	NO CLASS 4/1 SENIOR BOOT CAMP 10:40-11:40am Megan	HATHA YOGA 9:50-10:50am Dasha	4:45-5:25pm Wendy	HATHA YOGA 9:50-10:50am Dasha	Fit Barre 5:30-6:30pm Colleen	*Maya 4/6 *Dasha 4/20 GENTLE YOGA 10:45-11:45pm Maya
10:30-11:00am Charlene	NO CLASS 4/1 KETTLEBELL 4:45-5:30pm Michelle	Fit Barre 4:30-5:25pm Colleen	5:30-6:30pm Jim V.	BODY COMBAT 4:30-5:30pm Michelle	RPM 5:30-6:30pm *Sara 4/5, 4/19	
*NO CLASS 4/21 VINYASA YOGA	5:30-6:30pm Michelle	BODY PUMP 5:30-6:30pm Lindsay	HATHA YOGA 5:30-6:30pm Lindsay	BODY PUMP 5:30-6:30pm Charlene	*Toni-Marie 4/12, 4/26 Pilates	
11:00-12:00pm Dasha	NO CLASS 4/1 KETTLEBELL 4:45-5:30pm Michelle	Fit Barre 4:30-5:25pm Colleen	5:30-6:30pm Jim V.	BODY COMBAT 4:30-5:30pm Michelle	RPM 5:30-6:30pm *Sara 4/5, 4/19	
*NO CLASS 4/21	5:30-6:30pm Michelle	BODY PUMP 5:30-6:30pm Lindsay	HATHA YOGA 5:30-6:30pm Lindsay	BODY PUMP 5:30-6:30pm Charlene	*Toni-Marie 4/12, 4/26 Pilates	
*REVISED 3/28/19	GROUP CYCLE Kim	Kim		Charlene	Pilates	
Schedule subject to change due to class attendance	5:30-6:30pm Kim - 4/1, 15, 29 *RPM- Kristin 4/8 *RPM- Kim 4/22 HATHA YOGA 6:35-7:35pm Lindsay *Dasha 4/8	*Aly (4/9) GROUP CYCLE 5:30-6:30pm 4/9, 4/23 *RPM- 4/2, 16, 30 Charlene CX WORX 6:35-7:05 Charlene		RPM 5:30-6:30pm Jenelle CX WORX 6:35-7:05 Charlene	6:35-7:20pm Colleen	