

April Class Schedule 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8AM- Tennis Clinic 9AM- Vinyasa Yoga 10AM- Aqua Aerobics 10AM- Bootcamp	2 8AM- Tennis Clinic 9AM - Functional Training 10AM - Mat Pilates 11AM- Pilates Reformer	3 9AM- Tabata Bootcamp 10AM- Cardio Dance 10AM- Aqua Aerobics 11AM- Yin Yoga	4 9AM - Functional Training 10AM - Mat Pilates 11AM- Pilates Reformer 11AM - Pickleball Interterm. 1PM - Pickleball Beginner	5 8AM- Step Interval 9AM- Aqua Aerobics 9AM- Yoga 10AM-Myofascial Stretch	6 8AM- Tennis Clinic 9AM - Mat Pilates 10AM- Aqua Aerobics 11AM- Restorative Yoga
7 9AM- Myofascial Stretch 10AM- Yoga	8 8AM- Tennis Clinic 9AM- Vinyasa Yoga 10AM- Aqua Aerobics 10AM- Bootcamp	9 8AM- Tennis Clinic 9AM - Functional Training 10AM - Mat Pilates 11AM- Pilates Reformer	10 9AM- Tabata Bootcamp 10AM- Cardio Dance 10AM- Aqua Aerobics 11AM- Yin Yoga	11 9AM - Functional Training 10AM - Mat Pilates 11AM- Pilates Reformer 11AM - Pickleball Interterm. 1PM - Pickleball Beginner	12 8AM- Step Interval 9AM- Aqua Aerobics 9AM- Yoga 10AM-Myofascial Stretch	13 8AM- Tennis Clinic 9AM - Mat Pilates 10AM- Aqua Aerobics 10AM- Yoga 11AM- Restorative Yoga
14 9AM- Myofascial Stretch 10AM- Yoga	15 8AM- Tennis Clinic 9AM- Vinyasa Yoga 10AM- Aqua Aerobics 10AM- Bootcamp	16 8AM- Tennis Clinic 9AM - Functional Training 10AM - Mat Pilates 11AM- Pilates Reformer	17 9AM- Tabata Bootcamp 10AM- Cardio Dance 10AM- Aqua Aerobics 11AM- Yin Yoga	18 9AM - Functional Training 10AM - Mat Pilates 11AM- Pilates Reformer 11AM - Pickleball Interterm. 1PM - Pickleball Beginner	19 8AM- Step Interval 9AM- Aqua Aerobics 9AM- Yoga 10AM-Myofascial Stretch	20 8AM- Tennis Clinic 9AM - Mat Pilates 10AM- Aqua Aerobics 10AM- Yoga 11AM- Restorative Yoga
21 9AM- Myofascial Stretch 10AM- Yoga	22 8AM- Tennis Clinic 8AM- Aqua Aerobics 9AM- Vinyasa Yoga 10AM- Bootcamp	23 8AM- Tennis Clinic 9AM - Functional Training 10AM - Mat Pilates 11AM- Pilates Reformer	24 9AM- Tabata Bootcamp 10AM- Cardio Dance 10AM- Aqua Aerobics 11AM- Yin Yoga	25 9AM - Functional Training 10AM - Mat Pilates 11AM- Pilates Reformer 11AM - Pickleball Interterm. 1PM - Pickleball Beginner	26 8AM- Step Interval 9AM- Aqua Aerobics 9AM- Yoga 10AM-Myofascial Stretch	27 8AM- Tennis Clinic 9AM - Mat Pilates 10AM- Aqua Aerobics 10AM- Yoga 11AM- Restorative Yoga
28 9AM- Myofascial Stretch 10AM- Yoga	29 8AM- Tennis Clinic 9AM- Vinyasa Yoga 10AM- Aqua Aerobics 10AM- Bootcamp	30 8AM- Tennis Clinic 9AM - Functional Training 10AM - Mat Pilates 11AM- Pilates Reformer	*Classes, Clinics, instructors are subject to change. *All classes & clinics require a reservation. *Class or Clinic without participants (singd up) 12 hours prior will be canceled. *Pilates Reformer has a \$15 fee.			