<table>
<thead>
<tr>
<th>MONDAY, APRIL 22</th>
<th>MONDAY, APRIL 29</th>
<th>MONDAY, MAY 6</th>
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</table>
| **YOGA**  
Noon  
STUDIO C | **CYCLE**  
Noon  
STUDIO A | **YOGA**  
Noon  
STUDIO C |
| **HIIT**  
5:15 p.m.  
STUDIO B | **TRX**  
5:15 p.m.  
STUDIO B | **CYCLE**  
5:15 p.m.  
STUDIO A |
| **STUDIO C** | **Diana** | **STUDIO C** |

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<th>TUESDAY, APRIL 23</th>
<th>TUESDAY, APRIL 30</th>
<th>TUESDAY, MAY 7</th>
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| **HIIT**  
Noon  
STUDIO B | **CARDIO SCULPT**  
Noon  
STUDIO B | **TOTAL BODY STRENGTH**  
5:15 p.m.  
STUDIO B |
| **TOTAL BODY STRENGTH**  
5:15 p.m.  
STUDIO B | **STRENGTH**  
5:15 p.m.  
STUDIO C | **UPPER STRENGTH**  
5:15 p.m.  
STUDIO B |
| **STUDIO B** | **Diana** | **STUDIO B** |

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<tr>
<th>WEDNESDAY, APRIL 24</th>
<th>WEDNESDAY, MAY 1</th>
<th>WEDNESDAY, MAY 8</th>
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| **CYCLE**  
Noon  
STUDIO A | **YOGA**  
Noon  
STUDIO C | **HIIT**  
5:15 p.m.  
STUDIO B |
| **CARDIO SCULPT**  
Noon  
STUDIO B | **YOGA**  
Noon  
STUDIO C | **HIIT**  
5:15 p.m.  
STUDIO B |
| **TOTAL BODY STRENGTH**  
5:15 p.m.  
STUDIO B | **YOGA**  
5:15 p.m.  
STUDIO C | **CYCLE**  
5:15 p.m.  
STUDIO A |
| **YOGA**  
5:15 p.m.  
STUDIO C | **HIIT**  
5:15 p.m.  
STUDIO B | **STUDIO C** |
| **STUDIO C** | **Yoga**  
5:15 p.m.  
STUDIO C | **STUDIO C** |

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<th>THURSDAY, APRIL 25</th>
<th>THURSDAY, MAY 2</th>
<th>THURSDAY, MAY 9</th>
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</table>
| **TRX**  
Noon  
STUDIO B | **NO CLASSES** | **TRX**  
5:15 p.m.  
STUDIO B |
| **YOGA**  
Noon  
STUDIO C | **NO CLASSES** | **TRX**  
5:15 p.m.  
STUDIO B |
| **TOTAL BODY STRENGTH**  
5:15 p.m.  
STUDIO B | **NO CLASSES** | **YOGA**  
5:15 p.m.  
STUDIO C |
| **YOGA**  
5:15 p.m.  
STUDIO C | **NO CLASSES** | **HIIT**  
5:15 p.m.  
STUDIO B |
| **STUDIO C** | **NO CLASSES** | **STUDIO C** |

<table>
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<th>FRIDAY, APRIL 26</th>
<th>FRIDAY, MAY 3</th>
<th>FRIDAY, MAY 10</th>
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| **CYCLE**  
Noon  
STUDIO A | **NO CLASSES** | **YOGA**  
5:15 p.m.  
STUDIO C |
| **TRX**  
5:15 p.m.  
STUDIO B | **NO CLASSES** | **YOGA**  
5:15 p.m.  
STUDIO C |
| **YOGA**  
5:15 p.m.  
STUDIO C | **NO CLASSES** | **TRX**  
5:15 p.m.  
STUDIO B |
| **STUDIO C** | **NO CLASSES** | **YOGA**  
5:15 p.m.  
STUDIO C |

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