

APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	3 Yoga/Stretching Bring yoga mat	4	5 NO CLASS	6	7 Aerobics Bring dumbbells	8
9 HAPPY Easter	10 Yoga/Stretching Bring yoga mat	11	12 Circuits Bring dumbbells	13	14 Stability Ball Bring yoga mat, exercise ball and dumbbells	15
16	17 Yoga/Stretching Bring yoga mat	18	19 NO CLASS	20	21 Circuits Bring dumbbells	22
23	24 Yoga/Stretching Bring yoga mat	25	26 Circuits Bring dumbbells	27	28 Aerobics Bring dumbbells	29
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