

# K-Town Shakedown

Find Your Strong

## April 2021

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
				1 9am-Fit Girl Cardio 10:15am-RISE  5:15pm-Walk15 6:15pm-TBC  7:15pm-Spin	2 8am-Spin 9am - Yoga 10:15am-Fit Girl <b>Good Friday</b> 	3 9am-Zumba Strong 10:15-Zumba
4 No Classes 	5 9am-TBC Fit Girl  5:45pm-Buti Yoga 7:15pm-Pound	6 9am-Gentle Yoga 10:15am-RISE  5:15pm-Walk15 6:15pm-TBC 7:15pm-Cardio Groove	7 9am-TBC 10:15am-RISE  5:30pm-Step 6:30pm-Seamless Bible Study	8 9am-Fit Girl Cardio 10:15am-RISE  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Spin	9 8am-Spin 9am - Yoga	10 9am-Zumba Strong 10:15-Zumba
11 4pm-Fit Girl 5:15pm-Gentle Yoga	12 9am-TBC Fit Girl  5:45pm-Buti Yoga 7:15pm-Pound	13 9am-Gentle Yoga 10:15am-RISE  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Cardio Groove	14 9am-TBC Fit Girl 10:15am-RISE  5:30pm-Step 6:30- Seamless Bible Study	15 9am-Fit Girl Cardio 10:15am-RISE  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Spin	16 8am-Spin 9am - Yoga	17 9am-Zumba Strong 10:15-Zumba
18 4pm-Fit Girl 5:15pm-Gentle Yoga	19 9am-TBC Fit Girl  5:45pm-Buti Yoga 7:15pm-Pound	20 9am-Gentle Yoga 10:15am-RISE  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Cardio Groove	21 9am-TBC Fit Girl 10:15am-RISE  5:30pm-Step 6:30-Seamless Bible Study	22 9am-Fit Girl Cardio 10:15am-RISE  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Spin	23 8am-Spin 9am - Yoga	24 9am-Zumba Strong 10:15-Zumba
25 4pm-Fit Girl 5:15pm-Gentle Yoga	26 9am-TBC Fit Girl  5:45pm-Buti Yoga 7:15pm-Pound	27 9am-Gentle Yoga 10:15am-RISE  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Cardio Groove	28 9am-TBC Fit Girl 10:15am-RISE  5:30pm-Step 6:30-Seamless Bible Study	29 9am-Fit Girl Cardio 10:15am-RISE  5:15pm-Walk15 6:15pm-TBC Fit Girl 7:15pm-Spin	30 8am-Spin 9am - Yoga	

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