


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div style="border: 2px solid black; padding: 10px; display: inline-block;"> <h1 style="margin: 0;">APRIL</h1> </div>				
	1	2	3	4	5	6
	5:15am - 6:00am Cycling 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 4:15pm - 5:15pm CrossFit/C&C 4:30pm-5:15pm Cycling 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 5:00-6:00pm Hot C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:15am - 6:00am Cycling	6:30am - 7:15am Cycling 7:30am - 8:30am CrossFit/C&C
7	8	9	10	11	12	13
4:30pm - 5:15pm Hot Core Crusher + Stretching	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:15am - 6:00am Cycling 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 5:00-6:00pm Hot TABATA	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C(FREE) 5:45am - 6:30am Cycling 4:15pm - 5:15pm CrossFit/C&C (FREE) 5:00-6:00pm Hot Cardio&Core (FREE) 5:15pm - 6:15pm CrossFit/C&C (FREE)	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:15am - 6:00am Cycling	6:30am - 7:15am Cycling 7:30am - 8:30am CrossFit/C&C
14	15	16	17	18	19	20
4:30pm - 5:15pm Hot Core Crusher + Stretching	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:15am - 6:00am Cycling 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 5:00-6:00pm Hot C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 4:15pm - 5:15pm CrossFit/C&C 4:30pm-5:15pm Cycle Bosu Blast 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:15am - 6:00am Cycling	6:30am - 7:15am Cycling 7:30am - 8:30am CrossFit/C&C
21	22	23	24	25	26	27
	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:15am - 6:00am Cycling 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 5:00-6:00pm Hot TABATA	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:15am - 6:00am Cycling 5:00-5:45pm Hot TRIPLE	6:30am - 7:15am Cycling 7:30am - 8:30am CrossFit/C&C