

# APRIL

# PLANTATION KEY FITNESS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 8 AM BEACH YOGA 8 AM AEROBIC TONING 9:30 AM ZUMBA 10:30 AM GENTLE FLOW YOGA 5:00 PM HATHA YOGA	2	3 8 AM BEACH YOGA 9:30 AM ZUMBA 10:30 AM CHAIR YOGA	4 8 AM BEACH YOGA 8 AM AEROBIC TONING 9 AM MOAI HEALTHY LIFESTYLE CLUB 10:30 AM GENTLE FLOW YOGA 5:00 PM ZUMBA	5 7 AM BEACH BOOT CAMP 8 AM BEACH YOGA 9:30 AM ZUMBA 10:30 AM CHAIR YOGA	6 8 AM BEACH YOGA 8 AM AEROBIC FITNESS 9:30 AM ZUMBA 10:30 AM GENTLE FLOW YOGA	7
8	9 <b>NO CLASSES</b>	10 8 AM BEACH YOGA 9:30 AM ZUMBA 10:30 AM CHAIR YOGA	11 8 AM BEACH YOGA 8 AM AEROBIC TONING 9 AM MOAI HEALTHY LIFESTYLE CLUB 10:30 AM GENTLE FLOW YOGA 5:00 PM ZUMBA	12 7 AM BEACH BOOT CAMP 8 AM BEACH YOGA 9:30 AM ZUMBA 10:30 AM CHAIR YOGA	13 8 AM BEACH YOGA 8 AM AEROBIC FITNESS 9:30 AM ZUMBA 10:30 AM GENTLE FLOW YOGA	14
15 8 AM BEACH YOGA 8 AM AEROBIC TONING 9:30 AM ZUMBA 10:30 AM GENTLE FLOW YOGA 5:00 PM HATHA YOGA	16	17 8 AM BEACH YOGA 9:30 AM ZUMBA 10:30 AM CHAIR YOGA	18 8 AM BEACH YOGA 8 AM AEROBIC TONING 9 AM MOAI HEALTHY LIFESTYLE CLUB 10:30 AM GENTLE FLOW YOGA 5:00 PM ZUMBA	19 7 AM BEACH BOOT CAMP 8 AM BEACH YOGA 9:30 AM ZUMBA 10:30 AM CHAIR YOGA	20 8 AM BEACH YOGA 8 AM AEROBIC FITNESS 9:30 AM ZUMBA 10:30 AM GENTLE FLOW YOGA	21
22 8 AM BEACH YOGA 8 AM AEROBIC TONING 9:30 AM ZUMBA 10:30 AM GENTLE FLOW YOGA 5:00 PM HATHA YOGA	23	24 8 AM BEACH YOGA 9:30 AM ZUMBA 10:30 AM CHAIR YOGA	25 8 AM BEACH YOGA 8 AM AEROBIC TONING 9 AM MOAI HEALTHY LIFESTYLE CLUB <b>NO</b> GENTLE FLOW YOGA 5:00 PM ZUMBA	26 7 AM BEACH BOOT CAMP 8 AM BEACH YOGA 9:30 AM ZUMBA 10:30 AM CHAIR YOGA	27 8 AM BEACH YOGA 8 AM AEROBIC FITNESS 9:30 AM ZUMBA 10:30 AM GENTLE FLOW YOGA	28
29 8 AM BEACH YOGA 8 AM AEROBIC TONING 9:30 AM ZUMBA 10:30 AM GENTLE FLOW YOGA 5:00 PM HATHA YOGA	30					