



◀ Apr 2023		May 2023					Jun 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2 Seated Full Fitness 10:00 am – 10:45 am (O)	3 St James TL/St Phillip PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	4	5	6 PD 1 - 4 Class 10:30 am – 11:30 am (F)	
7	8	9 Lag BaOmer Starts Seated Full Fitness 10:00 am – 10:45 am (O)	10 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	11	12	13 PD 1 - 4 Class 10:30 am – 11:30 am (F)	
14 Mother's Day	15	16 Seated Full Fitness 10:00 am – 10:45 am (O)	17 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	18 Ascension	19	20 Armed Forces Day PD 1 - 4 Class 10:30 am – 11:30 am (F)	
21	22	23 Seated Full Fitness 10:00 am – 10:45 am (O)	24 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	25 Shavuot Starts	26	27 Shavuot Ends NO CLASS <i>(Instructor Day Off)</i>	
28 Pentecost	29 Memorial Day	30 Seated Full Fitness 10:00 am – 10:45 am (O)	31 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)				

(F) – Boxing Gym (In-Person Only) (O) – Virtual Only

