



April 2024

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May 2024 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Seated Full Fitness 10:00 am – 10:45 am (O)	3 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 – 11:45 am (F)
7	8	9 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 – 11:45 am (F)
14	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	19	20 No Class Coach Makeda's Birthday Weekend
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	26	27 PD 1 - 4 Class 10:30 am – 11:45 am (F)
28	29	30 Seated Full Fitness 10:00 am – 10:45 am (O)				

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