



# APRIL



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3 8:30 - 9:30 a.m. <b>STRENGTH + CARDIO HIIT</b> Ladder Dumbbells & Step	4 8:30 - 9:05 a.m. <b>NO IMPACT CORE STRENGTH &amp; BALANCE</b> Dumbbells	5 8:30 - 9:30 a.m. <b>NO IMPACT COMPOUND STRENGTH</b> Kettlebell	6 8:30 - 9:05 a.m. <b>CARDIO KICKBOXING TABATA</b> Optional: Ankle/Wrist Weights	7 8:30 - 9 a.m. <b>SCULPT</b> Chair, Booty Band, Pilates Ball 9- 9:30 a.m. <b>TOTAL BODY STRETCH</b> Yoga Block	8
9	10 8:30 - 9:30 a.m. <b>STRENGTH + CARDIO HIIT</b> EMOM Dumbbells	11 8:30 - 9:05 a.m. <b>NO IMPACT CORE STRENGTH &amp; BALANCE</b> Pilates Ball	12 8:30 - 9:30 a.m. <b>NO IMPACT COMPOUND STRENGTH</b> Dumbbells	13 8:30 - 9:05 a.m. <b>CARDIO KICKBOXING TABATA</b> Optional: Ankle/Wrist Weights	14 8:30 - 9 a.m. <b>SCULPT</b> 2 Sliders & Dumbbells 9- 9:30 a.m. <b>TOTAL BODY STRETCH</b> 2 Yoga Balls/Tennis Balls	15
16	17 8:30 - 9:30 a.m. <b>STRENGTH + CARDIO HIIT</b> Pyramid Dumbbells & BOSU	18 8:30 - 9:05 a.m. <b>NO IMPACT CORE STRENGTH &amp; BALANCE</b> Foam Roller	19 8:30 - 9:30 a.m. <b>NO IMPACT COMPOUND STRENGTH</b> Dumbbells	20 8:30 - 9:05 a.m. <b>CARDIO KICKBOXING TABATA</b> Optional: Ankle/Wrist Weights	21 8:30 - 9 a.m. <b>SCULPT</b> Body Weight 9- 9:30 a.m. <b>TOTAL BODY STRETCH</b> Body Weight	22
23	24 8:30 - 9:30 a.m. <b>STRENGTH + CARDIO HIIT</b> AMRAP Dumbbells & Step	25 8:30 - 9:05 a.m. <b>NO IMPACT CORE STRENGTH &amp; BALANCE</b> Booty Band	26 8:30 - 9:30 a.m. <b>NO IMPACT COMPOUND STRENGTH</b> Kettlebell	27 8:30 - 9:05 a.m. <b>CARDIO KICKBOXING TABATA</b> Optional: Ankle/Wrist Weights	28 8:30 - 9 a.m. <b>SCULPT</b> Chair & Booty Band 9- 9:30 a.m. <b>TOTAL BODY STRETCH</b> 2 Yoga Blocks	29