



FIT BACK INTO YOUR LIFE

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3PM RIDGEWOOD HIIT	1	2 6:30pm SurfSet Xtreme Burn 6:30PM RIDGEWOOD HIIT	3 6:30PM RIDGEWOOD YOGA	4 4:30pm TEEN Krav Maga-X 6:30pm Krav Maga-X	5 6:00pm H.I.I.T. Xccelerated	6 9:00am SurfSet Blender- X
7 3PM RIDGEWOOD HIIT	8 9AM RIDGEWOOD YOGA 6:30pm H.I.I.T. Xccelerated	9 4:30pm TEEN Krav Maga-X 6:30PM RIDGEWOOD HIIT	10 6:30pm SurfSet Xtreme Burn/Blend	11	12 5:30PM BOTTLES BALLERS & BUUDIES BALL BALL PARTY	13 9:00am Krav Maga-X
14 3PM RIDGEWOOD HIIT	15 6:30pm SurfSet BURN/H.I.I.T.	16 9AM RIDGEWOOD HIIT 4:30pm TEEN Krav Maga-X 6:30PM RIDGEWOOD YOGA	17	18 4:30pm TEEN Krav-X 6:00pm Krav Maga-X 6:45pm Yoga Xscape With JACQI!!! 6:30PM RIDGEWOOD HIIT	19 6:00am Morning Xscream	20 9:00am SurfSet Blender- X 10AM RIDGEWOOD YOGA
21 Easter	22 Earth Day 6:30PM RIDGEWOOD HIIT	23 4:30pm (TBD) TEEN Krav Maga-X 6:30pm SurfSet Xtreme Burn	24 9AM RIDGEWOOD HIIT	25 6:30pm H.I.I.T. Xccelerated	26 6:00am Morning Xscream 9AM RIDGEWOOD YOGA	27 9am Yoga Xscape SURF option

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 3PM RIDGEWOOD HIIT	29 9AM RIDGEWOOD YOGA	30 6:30pm SurfSet BURN/H.I.I.T.				

