

Premiere Fitness Classes

April 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Indoor Cycle Rose		Indoor Cycle Rose				
9:00 AM	Walking with Sara	Facebook Live Walking with Sara	Walking with Sara				
9:30 AM						ZUMBA Nick	
10:00 AM	Silver Sneakers MSROM Caroline		Silver Sneakers MSROM Caroline				
11:00 AM					Cardio Drumming Kristen		
3:00 PM					Facebook Live Back Day Kristen		
4:00 PM	Cardio Drumming Kristen	Facebook Live Chest Day Kristen	Cardio Drumming Kristen				
5:00 PM							