APRIL GROUP EXCERCISE SCHEDULE



MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY	6 SATURDAY
9:30AM CARDIO MIX [LANA]	9:30AM ZUMBA [LEESA]	9:30AM ZUMBA [LEESA]	9:30AM POWER PUMP [JAMIE]	9:30AM ZUMBA [LEESA]	9:30AM FITFORCE [SCOTT]
10:30AM POWER PUMP JAMIE	5:30PM MUSCLE MADNESS [BARB]	5:30PM WTS & YOGA ROBIN	10:30AM ZUMBA LEESA	10:30AM WERQ [HANNAH]	
5:30PM STEP & SCULPT [ROBIN]			5:30PM 20/20/20 [BARB]		
8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY	12 FRIDAY	13 SATURDAY
9:30AM ZUMBA [LEESA]	9:30AM ZUMBA [LEESA]	9:30AM ZUMBA [LEESA]	9:30AM POWER PUMP [JAMIE]	9:30AM ZUMBA [LEESA]	9:30AM FITFORCE [SCOTT]
10:30AM POWER PUMP [JAMIE]	5:30PM MUSCLE MADNESS	5:30PM WTS & YOGA [ROBIN]	10:30AM ZUMBA [LEESA]	10:30AM WERQ [HANNAH]	
5:30PM STEP & SCULPT [ROBIN]	[DAND]		5:30PM 20/20/20 [BARB]		
15 MONDAY	16 TUESDAY	17 WEDNESDAY	18 THURSDAY	19 FRIDAY	20 SATURDAY
9:30AM ZUMBA [LEESA]	9:30AM ZUMBA [LEESA]	9:30AM ZUMBA [LEESA]	9:30AM POWER PUMP [JAMIL]	9:30AM ZUMBA [LEESA]	9:30AM FITFORCE [SCOTT]
10:30AM POWER PUMP [JAMIF]	5:30PM MUSCLE MADNESS [BARB]	5:30PM WTS & YOGA [ROBIN]	10:30AM ZUMBA [IFFSA]	10:30AM WERQ [HANNAH]	
5:30PM FITFORCE [SCOTT]	(2.1.2)		5:30PM 20/20/20 [BARB]		
-	-				-
22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY	26 FRIDAY	27 SATURDAY
9:30AM ZUMBA [LEESA]	9:30AM ZUMBA [LEESA]	9:30AM ZUMBA [LEESA]	9:30AM POWER PUMP [JAMIE]	9:30AM ZUMBA [LEESA]	9:30AM FITFORCE [SCOTT]
10:30AM POWER PUMP [JAMIL]	5:30PM MUSCLE MADNESS [BARB]	5:30PM WTS & YOGA [ROBIN]	10:30AM ZUMBA [LEESA]	10:30AM WERQ [HANNAH]	
5:30PM STEP & SCULPT [ROBIN]			5:30PM 20/20/20 [BARB]		
29 MONDAY	30 TUESDAY				
9:30AM CARDIO FIT LANA	9:30AM ZUMBA LEESA				
10:30AM POWER PUMP [JAMIE]	5:30PM MUSCLE MADNESS				

THE OHIO GYM SHEFFIELD

5248 COBBLESTONE RD., SHEFFIELD VILLAGE, OH 44035 216.934.7440 | THEOHIOGYM.COM/SHEFFIELD