

# 2025 April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 LOWER BODY & LEGS	2 FULL BODY	3 ARMS & CORE	4 GLUTES & BACK	5 FULL BODY
6 ARMS & CORE	7 LOWER BODY & LEGS	8 FULL BODY	9 ARMS & CORE	10 GLUTES & BACK	11 FULL BODY	12 ARMS & CORE
13 LOWER BODY & LEGS	14 FULL BODY	15 ARMS & CORE	16 GLUTES & BACK	17 FULL BODY	18 ARMS & CORE	19 LOWER BODY & LEGS
20 FULL BODY	21 ARMS & CORE	22 GLUTES & BACK	23 FULL BODY	24 ARMS & CORE	25 LOWER BODY & LEGS	26 FULL BODY RECOVERY STRETCH CLASS MOBILITY (30 MIN)
27 ARMS & CORE	28 GLUTES & BACK	29 FULL BODY	30 ARMS & CORE			