

# April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 1130 Strength-SW Max 1600 HIIT-KP Max 1730 HIIT-ZF Gun	2 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength KP Max 1130 Cardio-SW Gun 1600 Cardio-KP Max 1630 Turbokick-ZF Gun	3 1130 Cardio-KP Gun 1130 Strength-Max 1700 Turbokick-ZF Max 1800 Zumba-MB Max	4 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength-KP Max 1645 Spin VM Max	5 1130 Line Dancing KP Max	6
7	8 1130 Strength-SW Max 1600 HIIT-KP Max 1730 HIIT-ZF Gun	9 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength KP Max 1130 Cardio-SW Gun 1600 Cardio-KP Max 1630 Turbokick-ZF Gun	10 1100 Tabata-RH Max 1130 Cardio-KP Gun 1130 Strength-SW Max 1700 Turbokick-ZF Max 1800 Zumba-MB Max	11 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength-KP Max 1645 Spin VM Max	12 1130 Line Dancing KP Max	13
14	15 1130 Strength-SW Max 1600 HIIT-KP Max 1730 Circuits-ZF Gun	16 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength KP Max 1130 Cardio-SW Gun 1600 Cardio-KP Max 1630 Turbokick-ZF Gun	17 1100 Tabata-RH Max 1130 Cardio-KP Gun 1130 Strength-SW Max 1700 Turbokick-ZF Max 1800 Zumba-MB Max	18 0500 RIOT-ZF Gunter 0600 Strength-SW Max 1130 HIIT/Strength-KP Max 1645 Spin VM Max	19 1130 Line Dancing KP Max	20
21	22 1130 Strength-SW Max 1600 HIIT-KP Max 1730 HIIT-ZF Gun	23 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength KP Max 1130 Cardio-SW Gun 1600 Cardio-KP Max 1630 Turbokick-ZFGun	24 1130 Cardio-KP Gun 1130 Strength-SW Max 1700 Turbokick-ZF Max 1800 Zumba-MB Max	25 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength-KP Max 1645 Spin VM Max	26 1130 Line Dancing KP Max	27
28	29 1130 Strength-SW Max 1600 HIIT-KP Max 1730 HIIT-ZF Gun	30 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength KP Max 1130 Cardio-SW Gun 1600 Cardio-KP Max 1630 Turbokick-ZF Gun	1	2	3	4
5	6	<p><i>Notes</i>  <b>**FIP Classes**</b></p> <p>Instructors: SW - Shelby; MB - Michelle; RH - Rebecca;            ZF - Zelva; VM - Veronica; MA - Megan; KP - Kashina</p> <p><b>**Schedules can be found on <a href="http://www.lifeatthemax.us">www.lifeatthemax.us</a>**</b></p>				