

# April 2019 at J&J Movement Factory

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:15A-10:15A Circuit Train w/JenM  7:00P-8:00P Circuit Train w/Eric	<b>2</b> 6:30P-7:30P Yoga/Pilates w/Diana	<b>3</b> 5:45A-6:30A Circuit Train w/Jen M  9:15A-10:30A Circuit Train w/JenM	<b>4</b> 7:30P-8:30P Circuit Train w/Eric	<b>5</b> 5:45A-6:30A Circuit Train w/JenM  <i>9:15A-10:30A            Circuit Train w/JenM</i>	<b>6</b> 8:45A-9:45A Circuit Train w/Eric
<b>7</b> 5:00P-6:15P Circuit Train w/JenM	<b>8</b> 5:45A-6:30A Circuit Train w/JenM  9:15A-10:15A Circuit Train w/JenM  7:00P-8:00P Circuit Train w/Eric	<b>9</b> 6:30P-7:30P Yoga/Pilates w/Diana	<b>10</b> 5:45A-6:30A Circuit Train w/Jen M  9:15A-10:30A Circuit Train w/JenM  6:30P-7:30P Gentle Yoga w/Mel	<b>11</b> 5:45A-6:30A Power Yoga w/Mel  7:30P-8:30P Circuit Train w/Eric	<b>12</b> <i>9:15A-10:30A            Circuit Train w/JenM</i>	<b>13</b> 8:45A-9:45A Circuit Train w/Eric  10:30A-11:30A Kids Yoga (7-11) w/Diana  11:45A-12:30P Kids Yoga (4-6) w/Diana
<b>14</b> 5:00P-6:15P Circuit Train w/Eric  6:45P-7:45P Restorative Yoga w/Mel	<b>15</b> 5:45A-6:30A Circuit Train w/JenM  9:15A-10:15A Circuit Train w/JenM  7:00P-8:00P Circuit Train w/Eric	<b>16</b> 6:30P-7:30P Yoga/Pilates w/Diana	<b>17</b> 5:45A-6:30A Circuit Train w/Jen M  9:15A-10:30A Circuit Train w/JenM  6:30P-7:30P Gentle Yoga w/Mel	<b>18</b> 5:45A-6:30A Power Yoga w/Mel  7:30P-8:30P Circuit Train w/Eric	<b>19</b> <i>9:15A-10:30A            Circuit Train w/JenM</i>	<b>20</b> 8:45A-9:45A Circuit Train w/Eric  10:30A-11:30A Kids Yoga (7-11) w/Diana  11:45A-12:30P Kids Yoga (4-6) w/Diana
<b>21</b> 6:45P-7:45P Restorative Yoga w/Mel	<b>22</b> 5:45A-6:30A Circuit Train w/JenM  9:15A-10:15A Circuit Train w/JenM  7:00P-8:00P Circuit Train w/Eric	<b>23</b> 6:30P-7:30P Yoga/Pilates w/Diana	<b>24</b> 5:45A-6:30A Circuit Train w/Jen M  9:15A-10:30A Circuit Train w/JenM  6:30P-7:30P Gentle Yoga w/Mel	<b>25</b> 5:45A-6:30A Power Yoga w/Mel  7:30P-8:30P Circuit Train w/Eric	<b>26</b> <i>9:15A-10:30A            Circuit Train w/JenM</i>	<b>27</b> 8:45A-9:45A Circuit Train w/Eric  10:30A-11:30A Kids Yoga (7-11) w/Diana  11:45A-12:30P Kids Yoga (4-6) w/Diana
<b>28</b> 5:00P-6:15P Circuit Train w/JenM  6:45P-7:45P Restorative Yoga w/Diana	<b>29</b> 5:45A-6:30A Circuit Train w/JenM  9:15A-10:15A Circuit Train w/JenM  7:00P-8:00P Circuit Train w/Eric	<b>30</b> 6:30P-7:30P Yoga/Pilates w/Diana			<i>*Women Only Classes            are in italics</i>	