

# hello April

April 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>LES MILLS GRIT CARDIO</b> 3:45-4:45 PM	2 <b>LES MILLS GRIT</b> ATHLETIC	3 <b>GRIT.</b> PUSH YOURSELF TO THE LIMIT INSTRUCTORS CHOICE	4 <b>LES MILLS GRIT STRENGTH</b> 3:45-4:45 PM	5 <b>LES MILLS GRIT CARDIO</b> 3:45-4:45 PM	6 <b>LES MILLS GRIT</b> ATHLETIC
7 REST DAY	8 <b>LES MILLS GRIT STRENGTH</b> 3:45-4:45 PM	9 <b>LES MILLS GRIT CARDIO</b> 3:45-4:45 PM	10 <b>LES MILLS GRIT</b> ATHLETIC	11 <b>GRIT.</b> PUSH YOURSELF TO THE LIMIT INSTRUCTORS CHOICE	12 <b>LES MILLS GRIT STRENGTH</b> 3:45-4:45 PM	13 <b>LES MILLS GRIT CARDIO</b> 3:45-4:45 PM
14 REST DAY	15 <b>GRIT.</b> PUSH YOURSELF TO THE LIMIT INSTRUCTORS CHOICE	16 <b>LES MILLS GRIT STRENGTH</b> 3:45-4:45 PM	17 <b>LES MILLS GRIT CARDIO</b> 3:45-4:45 PM	18 <b>LES MILLS GRIT</b> ATHLETIC	19 <b>GRIT.</b> PUSH YOURSELF TO THE LIMIT INSTRUCTORS CHOICE	20 <b>LES MILLS GRIT STRENGTH</b> 3:45-4:45 PM
	22 <b>LES MILLS GRIT</b> ATHLETIC	23 <b>GRIT.</b> PUSH YOURSELF TO THE LIMIT INSTRUCTORS CHOICE	24 <b>LES MILLS GRIT STRENGTH</b> 3:45-4:45 PM	25 <b>LES MILLS GRIT CARDIO</b> 3:45-4:45 PM	26 <b>LES MILLS GRIT</b> ATHLETIC	27 <b>GRIT.</b> PUSH YOURSELF TO THE LIMIT INSTRUCTORS CHOICE
28 REST DAY	29 <b>LES MILLS GRIT CARDIO</b> 3:45-4:45 PM	30 <b>LES MILLS GRIT</b> ATHLETIC				