

SPINNAKER POINT CLASS SCHEDULE - APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p>1</p> <p>6:15 am - Body Shred Tabata</p> <p>8:45 am - Strength/Stretch</p> <p>5:15-6:15: Dance Exercise</p> <p>6:30 pm - Intermediate Salsa</p>	<p>2</p> <p>7:00 am - Spin 9am senior fit by donation</p> <p>5:00-5:45: meditation and movement</p> <p>6:00 pm - Spin-Strength</p> <p>6:15-7:15 pm: Salsa footwork and styling</p>	<p>3</p> <p>7:30-8:15am: Instinctive Meditation/mindful movement</p> <p>8:45 am - Fit over 50</p> <p>9:00 am - Being Well</p> <p>6:00 pm - Bachata</p>	<p>4</p> <p>6:15 am - Bike/Barre</p> <p>7:30 am - Spin</p> <p>9:00 am - Senior Fit by donation</p> <p>10:00 am - Tai Chi</p> <p>6:00 pm - Yoga for everyBODY</p>	<p>5</p> <p>6:30 am - Spin Bata</p> <p>8:45 am - Strength & Stretch</p> <p>9:00 am Yoga for everyBODY</p> <p>5:30: Calm & centered</p>	<p>6</p> <p>7:30 am - Spin</p> <p>8:30 am - Kick It!</p> <p>8:30 am - MyZone Spin</p> <p>9:30 am - Lizfit in GYM</p> <p>9:00 am - Zumba</p> <p>10:00 am - Stretching with Nina</p>	
<p>7</p> <p>7:10 am - Spin Bata</p> <p>9:00am Kickbox rounds</p> <p>12:00 pm - Therapeutic Qigong</p>	<p>8</p> <p>6:15 am - Body Shred Tabata</p> <p>8:45 am - Strength/Stretch</p> <p>5:15-6:15: Dance Exercise</p> <p>6:30 pm - Intermediate Salsa</p>	<p>9</p> <p>7:00 am - Spin 9am senior fit by donation</p> <p>5:00-5:45: meditation and movement</p> <p>6:00 pm - Spin-Strength</p> <p>6:15-7:15 pm: Salsa footwork and styling</p>	<p>10</p> <p>7:30-8:15am: Instinctive Meditation/mindful movement</p> <p>8:45 am - Fit over 50</p> <p>9:00 am - Being Well</p> <p>6:00 pm - Bachata</p>	<p>11</p> <p>6:15 am - Bike/Barre</p> <p>7:30 am - Spin</p> <p>9:00 am - Senior Fit by donation</p> <p>10:00 am - Tai Chi</p> <p>6:00 pm - Yoga for everyBODY</p>	<p>12</p> <p>6:30 am - Spin Bata</p> <p>8:45 am Strength/Stretch</p> <p>9:00 am - Yoga for everyBODY</p> <p>5:30PM: Calm & centered</p>	<p>13</p> <p>7:30 am - Spin</p> <p>8:30 am -Kick It!</p> <p>8:30 am - MyZone Spin</p> <p>9:00 am - Zumba</p> <p>10:00 am - Stretching with Nina</p>	
<p>14</p> <p>7:10 am - Spin Bata</p> <p>9:00 am - Kickboxing rounds</p> <p>12:00 pm - Therapeutic Qigong</p>	<p>15</p> <p>6:15 am - Body Shred Tabata</p> <p>8:45 am - Strength/Stretch</p> <p>5:15-6:15 - Dance Exercise</p> <p>6:30 pm - Intermediate Salsa</p>	<p>16</p> <p>7:00 am - Spin 9 am senior fit by donation</p> <p>5:00-5:45 pm: meditation and movement</p> <p>6:00 pm - Spin-Strength</p> <p>6:15-7:15 pm: Salsa footwork and styling</p>	<p>17</p> <p>7:30 am Instinctive Meditation/mindful movement</p> <p>8:45 am - Fit over 50</p> <p>9:00 am - Being Well</p> <p>6:00 pm - Bachata</p>	<p>18</p> <p>6:15 am - Bike/Barre</p> <p>7:30 am - Spin</p> <p>9:00 am - Senior Fit by donation</p> <p>10:00 am - Tai Chi</p> <p>6:00 pm - Yoga for everyBODY</p>	<p>19</p> <p>6:30 am - Spin-Bata</p> <p>8:45 am - Strength/Stretch</p> <p>9:00 am - Yoga for everyBODY</p> <p>5:30 pm Calm & centered</p>	<p>20</p> <p>7:30 am - SPIN</p> <p>8:30 am - Kick It!</p> <p>8:30 am - MyZone Spin..</p> <p>9:00 am - Zumba</p> <p>10:00 am - Stretching with Nina</p>	
<p>21</p> <p>7:10 am - Spin-Bata</p> <p>9:00 am - Kickboxing Rounds</p> <p>12:00 pm - Therapeutic Qigong</p> <p>2-3 pm: Lizfit in aerobic room</p>	<p>22</p> <p>6:15 am - Body shred Tabata</p> <p>8:45 am - Strength/Stretch</p> <p>5:15-6:15 - Dance exercise</p> <p>6:30 pm - Intermediate Salsa</p>	<p>23</p> <p>7:00 am - Spin 9 am senior fit by donation</p> <p>5:00-5:45 pm: Meditation and Movement</p> <p>6:00 pm - Spin-Strength</p> <p>6:15-7:15 pm - Salsa footwork and styling</p>	<p>24</p> <p>7:30 am Instinctive Meditation/mindful movement</p> <p>8:45 am - Fit over 50</p> <p>9:00 am - Being Well</p> <p>6:00 pm - Bachata</p>	<p>25</p> <p>6:15 am - Bike/Barre</p> <p>7:30 am - Spin</p> <p>9 am senior fit by donation</p> <p>10:00 am - Tai Chi</p> <p>6:00 pm - Yoga for everyBODY</p>	<p>26</p> <p>6:30 am - Spin Bata</p> <p>8:45 am - Strength/Stretch</p> <p>9:00 am - Yoga for everyBODY</p> <p>5:30 pm - Calm & centered</p>	<p>27</p> <p>7:30 am - Spin</p> <p>8:30 am - Kick It!</p> <p>8:30 am - MyZone Spin..</p> <p>9:00 am - Zumba</p> <p>10:00 am - Stretching with Nina</p>	
<p>28</p> <p>7:10 am - Spin-bata</p> <p>9:00 am - Kickbox rounds</p> <p>12:00 pm - Therapeutic Qigong</p>	<p>29</p> <p>6:15 am - body shred Tabata</p> <p>8:45 am - Strength stretch</p> <p>6:30 pm - Salsa</p>	<p>30</p> <p>7:00 am - Spin 9 am senior fit by donation</p> <p>5:00-5:45 pm - Meditation and Movement</p> <p>6:00 pm - Spin Strength</p> <p>6:15-7:15 pm - Salsa</p>	<p>FITNESS · ENRICHMENT · ARTS · ATHLETICS</p> <p>PORTSMOUTH</p> <p>RECREATION DEPARTMENT</p>			<p>APRIL</p> <p>CLASSES</p>	