

20th Ave Oshkosh YMCA Training Studio April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	5:15a-6a H.I.I.T. 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 5:30p-6:15p H.I.I.T.	5:15a-6:15a Group Cycling 8a-9a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together 7:15p-8p Group Cycling	9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 4:15p-5p Family Fitness 5:30p-6:30p BodyPump	5:15a-6:15a Group Cycling 8a-9a Group Cycling 9:30a-10:45a Rock Steady Boxing 3:30p-4:15p Elementary School Agility & Cross Training 4:30p-5:15p Middle School Agility & Cross Training 5:30p-6:30p BodyPump	5:15a-6a H.I.I.T. 9a-10a BodyPump	8a-9a BodyPump
7	8	9	10	11	12	13
8a-9a BodyPump	5:15a-6a H.I.I.T. 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 5:30p-6:15p H.I.I.T.	5:15a-6:15a Group Cycling 8a-9a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together 7:15p-8p Group Cycling	9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 4:15p-5p Family Fitness 5:30p-6:30p BodyPump	5:15a-6:15a Group Cycling 8a-9a Group Cycling 9:30a-10:45a Rock Steady Boxing 3:30p-4:15p Elementary School Agility & Cross Training 4:30p-5:15p Middle School Agility & Cross Training 5:30p-6:30p BodyPump	5:15a-6a H.I.I.T. 9a-10a BodyPump	8a-9a BodyPump 9:15a-10:15a Group Blast launch party
14	15	16	17	18	19	20
8a-9a BodyPump	5:15a-6a H.I.I.T. 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 5:30p-6:15p H.I.I.T.	5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together	9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 4:15p-5p Family Fitness 5:30p-6:30p BodyPump	5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 3:30p-4:15p Elementary School Agility & Cross Training 4:30p-5:15p Middle School Agility & Cross Training 5:30p-6:30p BodyPump	5:15a-6a H.I.I.T. 9a-10a BodyPump	8a-9a BodyPump
21	22	23	24	25	26	27
8a-9a BodyPump	5:15a-6a H.I.I.T. 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 5:30p-6:15p H.I.I.T.	5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together	9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 4:15p-5p Family Fitness 5:30p-6:30p BodyPump	5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 3:30p-4:15p Elementary School Agility & Cross Training 4:30p-5:15p Middle School Agility & Cross Training 5:30p-6:30p BodyPump	5:15a-6a H.I.I.T. 9a-10a BodyPump	8a-9a BodyPump

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30				
8a-9a BodyPump	5:15a-6a H.I.I.T. 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 5:30p-6:15p H.I.I.T.	5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together				