

April



2026

“April is your fresh start—show up, put in the work, and watch yourself grow.”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
KEY: Class Locations BLUE = POOL PURPLE = STUDIO A RED = STUDIO B			9:00AM BARRE 6:15PM Water Aerobics 6:30PM ZUMBA 7:30PM DSKO	8:30AM Sun Strength 6:00PM PILATES 2.0 7:00PM PILATES MAT 7:30PM Aqua Combat	8:30AM Water Aerobics 8:30AM YOGA 10:00AM PILATES MAT	9:30AM BODYSCULPT 10:45AM ZUMBA
5	6	7	8	9	10	11
GREEN WRITING = Class Cancellations OR Announcements	8:30AM Water Aerobics 6:00PM PILATES MAT 7:30PM YOGA	7:00AM RISE & RIDE 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:30PM YOGA	9:00AM BARRE 6:15PM Water Aerobics 6:30PM ZUMBA 7:30PM DSKO	8:30AM Sun Strength 6:00PM PILATES 2.0 7:00PM PILATES MAT 7:30PM Aqua Combat	8:30AM Water Aerobics 8:30AM YOGA 10:00AM PILATES MAT	9:30AM BODYSCULPT 10:45AM ZUMBA
12	13	14	15	16	17	18
	8:30AM Water Aerobics 6:00PM PILATES MAT 7:30PM YOGA	7:00AM RISE & RIDE 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:30PM YOGA	9:00AM BARRE 6:15PM Water Aerobics 6:30PM ZUMBA 7:30PM DSKO	8:30AM Sun Strength 6:00PM PILATES 2.0 7:00PM PILATES MAT 7:30PM Aqua Combat	8:30AM Water Aerobics 8:30AM YOGA 10:00AM PILATES MAT	9:30AM BODYSCULPT 10:45AM ZUMBA
19	20	21	22	23	24	25
	8:30AM Water Aerobics 6:00PM PILATES MAT 7:30PM YOGA	7:00AM RISE & RIDE 8:00AM AQUA HIIT 6:30PM Strike & Sculpt 7:30PM YOGA	9:00AM BARRE 6:15PM Water Aerobics 6:30PM ZUMBA 7:30PM DSKO	8:30AM Sun Strength 6:00PM PILATES 2.0 7:00PM PILATES MAT 7:30PM Aqua Combat	8:30AM Water Aerobics 8:30AM YOGA 10:00AM PILATES MAT	9:30AM BODYSCULPT 10:45AM ZUMBA
26	27	28	29	30		
	8:30AM Water Aerobics 6:00PM PILATES MAT 7:30PM YOGA	7:00AM RISE & RIDE 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:30PM YOGA	9:00AM BARRE 6:15PM Water Aerobics 6:30PM ZUMBA 7:30PM DSKO	8:30AM Sun Strength 6:00PM PILATES 2.0 7:00PM PILATES MAT 7:30PM Aqua Combat		