April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TBC Total Body Conditioning			***Instructors & Times are subject to change***			
CSI Cardio Strength Intervals	**HIIT** High Intensity Interval Training		Book your class now at potomactotalfitness.com or on the PTF App!			
	1	**2**	**3**	**4**	**5**	**6**
	930a **SPIN** Lovely	515a **Bootcamp** Margaret	930a **SPIN** Lovely	515a **SPIN** Melissa	930a **Muscle Mania** Lovely	830a **TBC** Maragaret
	1015a **TBC** Lovely	930a **Muscle Mania** Lovely	1030a **Barre|TBC** Lovely	545a **Core** Melissa	1030a **SPIN** Megan	930a **Zumba** Tara
	5p **Kickbox** Theresa	1030a **SPIN** Lovely	5p **Muscle Mania** Glori	930a **Zumba** Lovely	1030a **Strong|Step** Lovley	930a **HITT the Bike** Laura
	5p **SPIN** Glori	415p **CSI(GX ROOM)** Melissa	530p **Scenic Ride** Lovely	1030a **Boundless** Lovely	1130a **Yoga Stretch** Lovley	1030a **Yoga Stretch** Laura
	6p **TBC** Margaret	5p **Martial Arts** Theresa	545p **HITT** Glori	5p **HITT** Theresa		
		6p **Zumba** Lovely		6p **Zumba** Tondra		
7	**8**	**9**	**10**	**11**	**12**	**13**
	930a **SPIN** Lovely	515a **Bootcamp** Margaret	930a **SPIN** Lovely	515a **SPIN** Glori	930a **Muscle Mania** Glori	830a **TBC** Laura
	1015a **TBC** Lovely	930a **Muscle Mania** Lovely	1030a **Barre|TBC** Lovely	545a **Core** Glori	1030a **HITT** Glori	930a **Zumba** Tara
	5p **Kickbox** Theresa	1030a **SPIN** Lovely	5p **Muscle Mania** Glori	930a **Zumba** Lovely	1030a **SPIN** Lori	930a **HITT the Bike** Laura
	5p **SPIN** Megan	415p **CSI (GX ROOM)** Melissa	530p **Scenic Ride** Lovely	1030a **Boundless** Lovely		1030a **Yoga** Chandra
	6p **TBC** Glori	5p **Martial Arts** Theresa	545p **HITT** Glori	5p **HITT** Theresa		
		6p **Zumba** Lovely		6p *Zumba B-DAY Bash* Tondra		
				Happy Birthday Tondra		
14	**15**	**16**	**17**	**18**	**19**	**20**
	930a **SPIN** Lovely	515a **Bootcamp** Margaret	930a **SPIN** Lovely	515a **SPIN** Melissa	930a **Muscle Mania** Lovely	830a **Muscle Mania** Glori
	1015a **TBC** Lovely	930a **Muscle Mania** Lovely	1030a **Barre|TBC** Lovely	545a **Core** Melissa	1030a **Strong/step** Lovley	930a **Zumba** Tara
	5p **Kickbox** Theresa	1030a **SPIN** Lovely	5p **Muscle Mania** Glori	930a **Zumba** Lovely	1030a **SPIN** Megan	930a **HITT the Bike** Glori
	5p **SPIN** Megan	415p **CSI (GX ROOM)** Melissa	530p **Scenic Ride** Lovely	1030a **Boundless** Lovely	**1130a** **Yoga** Lovely	1100a **Yoga** Chndra
	6p **TBC** Margaret	5p **Martial Arts** Theresa	545p **HITT** Glori	5p **HITT** Theresa		
		6p **Zumba** Lovely		6p **Zumba** Tondra		
21	**22**	**23**	**24**	**25**	**26**	**27**
	930a **SPIN** Glori	515a **Bootcamp** Margaert	930a **SPIN** Glori	515a **SPIN** Melissa	930a **Muscle Mania** Glori	830a **TBC** Margaret
	1015a **TBC** Margaert	930a **Muscle Mania** Glori	1030a **Barre|TBC** Margaret	545a **Core** Melissa	1030a **HITT** Glori	930a **Zumba** Tara
	5p **Kickbox** Theresa	1030a **SPIN** Glori	5p **Muscle Mania** Glori	930a **Zumba** Marilin		930a **HITT The Bike** Laura
	5p **SPIN** Megan	415p **CSI (GX ROOM)** Melissa	530p **SPIN** Melissa	1030a **Stretch|Core** Glori		1030a **Yoga** Chandra
	6p **TBC** Glori	5p **Martial Arts** Theresa	545p **HITT** Glori	5p **HITT** Theresa		
		6p **Zumba** Marilin		6p **Zumba** Tondra		
28	**29**	**30**				
	930a **SPIN** Lovely	515a **Bootcamp** Margaret				
	1015a **TBC** Lovely	930a **Muscle Mania** Lovely				
	5p **Kickbox** Theresa	1030a **SPIN** Lovely				
	5p **SPIN** Glori	415p **CSI (Gym Floor)** Melissa				
	6p **TBC** Margaret	5p **Martial Arts** Theresa				
		6p **Zumba** Lovely				