

	A	B	C	D	E	F	G	H	I	J
1	Center for Weight & Wellness PROVIDENCE Exercise Class Schedule April 2019									
3	Monday		Tuesday		Wednesday		Thursday		Friday	
4	1		2		3		4		5	
5	10:00 - 11:00 - Forever Fit w/Arianna		5:00 - 6:00 Hatha Yoga w/Joanne		9:00 - 9:45 Dyna-Band Dynamics w/Arianna		9:00 - 10:00 Forever Fit w/Arianna		8:15 - 9:00 Tai Chi Flow w/Austin	
6					12:00 - 1:00 Noontime Yoga w/Joanne				9:30 - 10:30 20/20/CORE w/Austin	
7	4:30 - 5:00 30-Minute Abs & Back w/Arianna		6:00 - 7:00 Chair Yoga w/Joanne		3:15 - 4:15 Forever Fit w/Arianna		5:30 - 6:30 JustWALK w/Arianna			
8	8		9		10		11		12	
9	9:00 - 10:00 Forever Fit w/Arianna		9:00 - 10:00 JustWALK w/Arianna		12:00-1:00 Noontime Hatha Yoga w/Joanne		8:00 - 8:45 Dyna-Band Dynamics w/Arianna			
10			5:00 - 6:00 Hatha Yoga w/Joanne		4:30 - 5:30 Forever Fit w/Arianna		11:00 - 12:00 JustWALK w/Arianna			
11	6:30 - 7:15 Dyna-Band Dynamics w/Arianna		6:00 - 7:00 Chair Yoga w/Joanne		6:00 - 7:00 JustWALK w/Arianna		5:00 Hatha Yoga w/Joanne			
12	15		16		17		18		19	
13	8:00 - 9:00 Forever Fit w/Arianna		8:00 - 8:45 Dyna-Band Dynamics w/Arianna		9:00 - 10:00 JustWALK w/Arianna		8:30 - 9:00 30-Minute Abs & Back w/Arianna		8:30 - 9:00 30-Minute Abs & Back w/Austin	
14							4:30 - 5:30 Chair Yoga with Joanne			
15			5:00 - 6:00 Move it to Lose it w/Joanne		12:00 - 1:00 Noontime Yoga with Joanne		6:00 - 6:45 Dyna-Band Dynamics w/Arianna		9:30 - 10:30 Move it to Lose It w/Austin	
16	5:30 - 6:00 30-Minute Abs & Back w/Arianna		6:00 - 7:00 Chair Yoga w/Joanne		5:30 - 6:30 JustWALK w/Arianna		6:30 - 7:30 Hatha Yoga w/Joanne			
17	22		23		24		25		26	
18	8:00 - 8:45 Dyna-Band Dynamics w/Arianna		8:00 - 9:00 Forever Fit w/Arianna		8:00 - 8:45 Dyna-Band Dynamics w/ Arianna		8:00 - 9:00 JustWALK w/Arianna			
19			5:00 - 6:00 Hatha Yoga w/Joanne		12:00 - 1:00 - Nootime Hatha Yoga w/Joanne		10:00 - 10:30 30-Minute Abs & Back w/Arianna			
20	6:00 - 7:00 Forever Fit w/Arianna		6:00 - 7:00 Chair Yoga w/Joanne		5:30 - 6:00 30-Minute Abs & Back w/Arianna		4:30 - 5:30 Move it to Lose it w/Joanne			
21	29		30							
22	8:00 - 8:45 Dyna-Band Dynamics w/Arianna		8:00 - 9:00 Forever Fit w/Arianna							
23	11:00 - 12:00 Forever Fit w/Arianna		11:00 - 11:30 30-Minute Abs & Back w/Arianna							
24			5:00 - 6:00 Hatha Yoga w/Joanne							
25			6:00 -7:00 Chair Yoga w/Joanne							