

2024 APRIL programming



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Youth Jiu Jitsu 9 - 10 AM LTL Youth Martial Arts 6 - 7 PM FH Court 3 Adult Martial Arts 7 - 8 PM FH Court 3 Group Personal Training 7 - 8 PM FH Court 3	2 Sunrise Yoga 6:30 - 7:30 AM FS Tai Chi 10 - 11 AM LTL Youth Jiu Jitsu 4 - 5 PM FH	3 Tiny Toes 9-10AM CL Youth Jiu Jitsu 9 - 10 AM LTL Preschool Pastimes 10:30-11:30 AM CL Youth Martial Arts 6 - 7 PM FH Court 3 Adult Martial Arts 7 - 8 PM FH Court 3	4 Sunrise Yoga 6:30 - 7:30 AM FS	5 Youth Jiu Jitsu 9 - 10 AM LTL Adult Dance Class 10-11 AM CL	6 Youth Martial Arts 12 - 1 PM FH Cafe Adult Martial Arts 1 - 2 PM FH Cafe
7 Adult Jiu Jitsu 1 - 2 PM FH	8 Youth Jiu Jitsu 9 - 10 AM LTL Youth Martial Arts 6 - 7 PM FH Court 3 Adult Martial Arts 7 - 8 PM FH Court 3 Group Personal Training 7 - 8 PM FH Court 3	9 Sunrise Yoga 6:30 - 7:30 AM FS Tai Chi 10 - 11 AM LTL Youth Jiu Jitsu 4 - 5 PM FH	10 Tiny Toes 9-10AM CL Youth Jiu Jitsu 9 - 10 AM LTL Preschool Pastimes 10:30-11:30 AM CL Youth Martial Arts 6 - 7 PM FH Court 3 Adult Martial Arts 7 - 8 PM FH Court 3	11 Sunrise Yoga 6:30 - 7:30 AM FS	12 Youth Jiu Jitsu 9 - 10 AM LTL Adult Dance Class 10-11 AM CL	13 Youth Martial Arts 12 - 1 PM FH Cafe Adult Martial Arts 1 - 2 PM FH Cafe
14 Adult Jiu Jitsu 1 - 2 PM FH	15 Youth Jiu Jitsu 9 - 10 AM LTL Youth Martial Arts 6 - 7 PM FH Court 3 Adult Martial Arts 7 - 8 PM FH Court 3 Group Personal Training 7 - 8 PM FH Court 3	16 Sunrise Yoga 6:30 - 7:30 AM FS Tai Chi 10 - 11 AM LTL Youth Jiu Jitsu 4 - 5 PM FH	17 Tiny Toes 9-10AM CL Youth Jiu Jitsu 9 - 10 AM LTL Preschool Pastimes 10:30-11:30 AM CL Youth Martial Arts 6 - 7 PM FH Court 3 Adult Martial Arts 7 - 8 PM FH Court 3	18 Sunrise Yoga 6:30 - 7:30 AM FS	19 Youth Jiu Jitsu 9 - 10 AM LTL Adult Dance Class 10-11 AM CL	20 Youth Martial Arts 12 - 1 PM FH Cafe Adult Martial Arts 1 - 2 PM FH Cafe
21 Adult Jiu Jitsu 1 - 2 PM FH	22 Youth Jiu Jitsu 9 - 10 AM LTL Youth Martial Arts 6 - 7 PM FH Court 3 Adult Martial Arts 7 - 8 PM FH Court 3 Group Personal Training 7 - 8 PM FH Court 3 Full Moon Yoga Social 7:30 - 9 PM CL	23 Sunrise Yoga 6:30 - 7:30 AM FS Tai Chi 10 - 11 AM LTL Youth Jiu Jitsu 4 - 5 PM FH	24 Tiny Toes 9-10AM CL Youth Jiu Jitsu 9 - 10 AM LTL Preschool Pastimes 10:30-11:30 AM CL Youth Martial Arts 6 - 7 PM FH Court 3 Adult Martial Arts 7 - 8 PM FH Court 3	25 Sunrise Yoga 6:30 - 7:30 AM FS	26 Youth Jiu Jitsu 9 - 10 AM LTL Adult Dance Class 10-11 AM CL	27 Youth Martial Arts 12 - 1 PM FH Cafe Adult Martial Arts 1 - 2 PM FH Cafe
28 Adult Jiu Jitsu 1 - 2 PM FH	29 Youth Jiu Jitsu 9 - 10 AM LTL Youth Martial Arts 6 - 7 PM FH Court 3 Adult Martial Arts 7 - 8 PM FH Court 3 Group Personal Training 7 - 8 PM FH Court 3	30 Sunrise Yoga 6:30 - 7:30 AM FS Tai Chi 10 - 11 AM LTL Youth Jiu Jitsu 4 - 5 PM FH				

