

2021

< - MARCH

MAY ->

APRIL HIGH VOLTAGE CLASS SCHEDULE

Su	Mo	Tu	We	Th	Fr	Sa
28	29	30	31	1 Kayla Lower body strength: Glutes + Metcon	2 Tyler Upper body strength: Chest/Triceps + Metcon	3 Lacie Total Body Metcon + Accessory Core Work
4 OFF	5 Lacie Lower body strength: Quads + Metcon	6 Tyler Upper body strength: Back/Biceps + Metcon	7 Lauren Total Body Metcon + Accessory Core Work	8 Kayla Lower body strength: Hamstrings + Metcon	9 Tyler Upper body strength: Shoulders + Metcon	10 Rebekah Total Body Metcon + Accessory Core Work
11 OFF	12 Lacie Lower body strength: Glutes + Metcon	13 Rebekah Upper body strength: Chest/Triceps + Metcon	14 Lauren Total Body Metcon + Accessory Core Work	15 Kayla Lower body strength: Quads + Metcon	16 Tyler Upper body strength: Back/Biceps + Metcon	17 Lacie Total Body Metcon + Accessory Core Work
18 OFF	19 Lacie Lower body strength: Hamstrings + Metcon	20 Tyler Upper body strength: Shoulders + Metcon	21 Lauren Total Body Metcon + Accessory Core Work	22 Kayla Lower body strength: Glutes + Metcon	23 Tyler Upper body strength: Chest/Triceps + Metcon	24 Rebekah Total Body Metcon + Accessory Core Work
25 OFF	26 Lauren Lower body strength: Quads + Metcon	27 Rebekah Upper body strength: Back/Biceps + Metcon	28 Lacie Total Body Metcon + Accessory Core Work	29 Kayla Lower body strength: Hamstrings + Metcon	30 Tyler Upper body strength: Shoulders + Metcon	1
2	3	4	5	6	7	8