



GYMDOG FITNESS

GORDON FITNESS CENTER



29607 Barnes Ave
Fort Gordon, GA 30905

APRIL CALENDAR OF SUB/ALTERNATE INSTRUC

YELLOW = SUB FOR CLASS; ALL OTHERS ARE ALTERNATES

MON	TUE	WED	THUR	FRI	SAT	S
<u>1</u> 9:30 am ZUMBA- Karen 5:30 pm CYCLE - Matt 6:30 pm YOGA - Nancy	<u>2</u> 4:30 pm CORE - Ingrid	<u>3</u> 5:30 pm CYCLE-Joe	<u>4</u> 5:30 pm BAR – Amber 6:30 pm YOGA- Grace	<u>5</u> 9:30 am ZUMBA- Naldine	<u>6</u> 8:45 am TRX – Joe 9:30 am CYCLE – Joe	<u>7</u>
<u>8</u> 9:30 am ZUMBA - Karen 4:30pmZUMBA-Maryam 5:30pmSTRONG-Maryam 5:30 pm CYCLE- Matt 6:30 pm YOGA - Nancy	<u>9</u> 10:00 am TONE - Karen 4:30 pm CORE - Matt 5:45 pm CYCLE-Matt	<u>10</u> 5:30 am CYCLE - Angela 5:30 pm CYCLE-Joe	<u>11</u> 4:30pmZUMBA-Maryam 5:30 pm BAR – Anna 6:30 pm YOGA- Nancy	<u>12</u> 4:30 pm MIXFIT-Sherika	<u>13</u> 8:45 am TRX – Joe 9:30 am CYCLE – Joe	<u>14</u>
<u>15</u> 5:30 pm CYCLE-Joe 6:30 pm YOGA – Nancy	<u>16</u> 4:30 pm CORE - Matt	<u>17</u> 5:30 pm CYCLE-Matt	<u>18</u> 5:30 pm BAR – Amber 6:30 pm YOGA- Grace	<u>19</u>	<u>20</u> 8:45 am TRX – Amber 9:30 am CYCLE – Amber	<u>21</u>
<u>22</u> 5:30 pm CYCLE-Joe 6:30 pm YOGA – Grace	<u>23</u> 4:30 pm CORE - Ingrid	<u>24</u> 5:30 pm CYCLE-Matt	<u>25</u> 5:30 pm BAR – Ammie 6:30 pm YOGA- Nancy	<u>26</u>	<u>27</u> 8:45 am TRX – Amber 9:30 am CYCLE – Amber	<u>28</u>
<u>29</u> 5:30 pm CYCLE-Matt 6:30 pm YOGA – Nancy	<u>30</u> 4:30 pm CORE - Ingrid					