



# The Training Toole

## April 2020 Studio Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6:00am LGF Heather 6:45am SGPT Heather  6:00pm LGF Heather	2 6:00am LGF Heather  5:30pm Yoga Amber	3 6:00am LGF Heather  6:45am SGPT Amber	4 6:30am Run Club Heather  7:45am LGF Amber
5	6 6:00am LGF Heather 6:45am SGPT Amber  4:30pm SGPT Heather 6:00pm HIIT Heather	7 6:00am LGF Heather	8 6:00am LGF Heather 6:45am SGPT Heather  6:00pm LGF Heather	9 6:00am LGF Heather  5:30pm Yoga Amber	10 6:00am LGF Heather  6:45am SGPT Amber	11 6:30am Run Club Heather  7:45am LGF Amber

12	<p>6:00am LGF Heather</p> <p>6:45am SGPT Amber</p> <p>4:30pm SGPT Heather</p> <p>6:00pm HIIT Heather</p>	13	<p>6:00am LGF Heather</p>	14	<p>6:00am LGF Heather</p> <p>6:45am SGPT Heather</p> <p>6:00pm LGF Heather</p>	15	<p>6:00am LGF Heather</p> <p>5:30pm Yoga Amber</p>	16	<p>6:00am LGF Heather</p> <p>6:45am SGPT Amber</p>	17	<p>6:30am Run Club Heather</p> <p>7:45am LGF Amber</p>	18
19	<p>6:00am LGF Heather</p> <p>6:45am SGPT Amber</p> <p>4:30pm SGPT Heather</p> <p>6:00pm HIIT Heather</p>	20	<p>6:00am LGF Heather</p>	21	<p>6:00am LGF Heather</p> <p>6:45am SGPT Heather</p> <p>6:00pm LGF Heather</p>	22	<p>6:00am LGF Heather</p> <p>5:30pm Yoga Amber</p>	23	<p>6:00am LGF Heather</p> <p>6:45am SGPT Amber</p>	24	<p>6:30am Run Club Heather</p> <p>7:45am LGF Amber</p>	25
26	<p>6:00am LGF Heather</p> <p>6:45am SGPT Amber</p> <p>4:30pm SGPT Heather</p> <p>6:00pm HIIT Heather</p>	27	<p>6:00am LGF Heather</p>	28	<p>6:00am LGF Heather</p> <p>6:45am SGPT Heather</p> <p>6:00pm LGF Heather</p>	29	<p>6:00am LGF Heather</p> <p>5:30pm Yoga Amber</p>	30				

**PLEASE NOTE: All instructors are subject to change without notification.**