



The Training Toole

April 2024 Studio Schedule
Ocala

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>-5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky</p> <p>-5:30pm LGF Heather</p>	<p>2</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Boxing DeAnna</p>	<p>3</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna</p> <p>-5:30pm LGF Heather -6:30pm GPT Kelsy</p>	<p>4</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Yoga Jen</p>	<p>5</p> <p>-5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky -8:45am Mobility/Flexibility Becky</p> <p>Women's Wellness Retreat</p>	<p>6</p> <p>-9:00am GPT Kelsy</p> <p>Women's Wellness Retreat</p>
<p>7</p> <p>Women's Wellness Retreat</p>	<p>8</p> <p>-5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky</p> <p>-5:30pm LGF Heather</p>	<p>9</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Boxing DeAnna</p>	<p>10</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna</p> <p>-5:30pm LGF Heather -6:30pm GPT Kelsy</p>	<p>11</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Yoga Jen</p>	<p>12</p> <p>-5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky -8:45am Mobility/Flexibility Becky</p>	<p>13</p> <p>-7:00am Run Heather</p> <p>-8:00am Mat Pilates Amber</p> <p>-9:00am GPT Kelsy</p>

<p>14</p>	<p>15</p> <p>-5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky</p> <p>-5:30pm LGF Heather</p>	<p>16</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Boxing DeAnna</p>	<p>17</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna</p> <p>-5:30pm LGF Heather -6:30pm GPT Kelsy</p>	<p>18</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Yoga Jen</p>	<p>19</p> <p>-5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky -8:45am Mobility/Flexibility Becky</p>	<p>20</p> <p>-7:00am Run Heather</p> <p>-8:00am Mat Pilates Amber</p> <p>-9:00am GPT Kelsy</p> <p>10:00am Foam Rolling <u>Workshop</u></p>
<p>21</p>	<p>22</p> <p>-5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky</p> <p>-5:30pm LGF Heather</p>	<p>23</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Boxing DeAnna</p>	<p>24</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna</p> <p>-5:30pm LGF Heather -6:30pm GPT Kelsy</p>	<p>25</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Yoga Jen</p>	<p>26</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF Becky -8:45am Mobility/Flexibility Becky</p>	<p>27</p> <p>Race Day</p> <p>-9:00am GPT Kelsy</p>
<p>28</p>	<p>29</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF Becky</p> <p>-5:30pm LGF Heather</p>	<p>30</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Boxing DeAnna</p>				