



# The Training Toole

April 2025 Studio Schedule  
Ocala

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Bodyweight Boot Camp Grace</p>	<p>2</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna</p> <p>-5:30pm LGF Kelsy -6:30pm GPT Kelsy</p>	<p>3</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Thursday Night Special! Amber</p>	<p>4</p> <p>-5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky -8:45am Mobility/ Flexibility Becky</p>	<p>5</p> <p>-7:00am Run Heather</p>
6	<p>7</p> <p>-5:45am LGF Heather -6:45am GPT Amanda -8:00am LGF Becky</p> <p>-5:30pm LGF Heather</p>	<p>8</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Bodyweight Boot Camp Grace</p>	<p>9</p> <p>-5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna</p> <p>-5:30pm LGF Kelsy -6:30pm GPT Kelsy</p>	<p>10</p> <p>-5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather</p> <p>-5:30pm Thursday Night Special! Amber</p>	<p>11</p> <p>-5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky -8:45am Mobility/ Flexibility Becky</p>	<p>12</p> <p>-7:00am Run Heather</p>

13	14 -5:45am LGF Heather -6:45am GPT Amanda -8:00am LGF Becky  -5:30pm LGF Heather	15 -5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather  -5:30pm Bodyweight Boot Camp Grace	16 -5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna  -5:30pm LGF Kelsy -6:30pm GPT Kelsy	17 -5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather  -5:30pm Thursday Night Special! Amber	18 -5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky -8:45am Mobility/ Flexibility Becky	19 -7:00am Run Heather
20	21 -5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky  -5:30pm LGF Heather	22 -5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather  -5:30pm Bodyweight Boot Camp Grace	23 -5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna  -5:30pm LGF Kelsy -6:30pm GPT Kelsy	24 -5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather  -5:30pm Thursday Night Special! Julie	25 -5:45am LGF Heather -6:45am GPT Heather -8:00am LGF Becky -8:45am Mobility/ Flexibility Becky	26 -7:00am Run Heather
27	28 -5:45am LGF Heather -6:45am GPT Amber -8:00am LGF Becky  -5:30pm LGF Heather	29 -5:45am LGF Heather -7:00am Mobility/Flexibility Jen -8:00am LGF Heather  -5:30pm Bodyweight Boot Camp Grace	30 -5:45am LGF Heather -6:45am GPT Heather -8:00am LGF DeAnna  -5:30pm LGF Kelsy -6:30pm GPT Kelsy			