

# ISP Small Group Fitness Schedule – April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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6am						
7am						
8:15a						
9am	GBM: Ground-based mobility w/ Tony	Short Circuits	GBM w/ Tony	Short Circuits		
10am						
Noon		Lunch-time group fitness w/ Tony				
5pm						
7pm						