

# PREMO FITNESS APRIL CHALLENGE

THURS

#2 Body Sculpt:  
Total Body with  
Weights

FRI

#5 Body Sculpt:  
Mat Class with  
Yoga Block

SAT

#18 Body Sculpt:  
Total Body with  
Single Weight

SUN

  
REST DAY

MON

#5 Body Sculpt:  
Mat Class with  
Yoga Block

TUES

CLASS OF  
THE WEEK

WEDS

#27 Quick Core  
+  
#34 Barre Arms

THURS

#18 Body Sculpt:  
Total Body with  
Single Weight

FRI

#38 16 min  
Stretch Series +  
45min Walk/Run

SAT

#2 Body Sculpt:  
Total Body with  
Weights

SUN

  
REST DAY

MON

#18 Body Sculpt:  
Total Body with  
Single Weight

TUES

CLASS OF  
THE WEEK

WEDS

#5 Body Sculpt:  
Mat Class with  
Yoga Block

THURS

#11 Body Sculpt:  
Side Body

FRI

#2 Body Sculpt:  
Total Body with  
Weights

SAT

#38 16 min  
Stretch Series +  
60min Walk/Run

SUN

  
REST DAY

MON

#31 Barre Class:  
Total Body with  
Pilates Ball

TUES

CLASS OF  
THE WEEK

WEDS

#36 Hard Core  
Barre Core

THURS

#4 Body Sculpt:  
Total Body  
Chair Class

FRI

#33 Cardio Barre:  
Seat & Leg

SAT

  
REST DAY

SUN

  
REST DAY

MON

#34 Barre Arms  
+  
30min Walk/Run

TUES

CLASS OF  
THE WEEK

WEDS

#2 Body Sculpt:  
Total Body with  
Weights

THURS

#5 Body Sculpt:  
Mat Class with  
Yoga Block

FRI

#18 Body Sculpt:  
Total Body with  
Single Weight