



APRIL						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CARDIO	2 PLYO	3 PLYO	4 STRENGTH	5	6 STRENGTH
7 CARDIO	8 STRENGTH	9 CARDIO	10 CARDIO	11 PLYO	12	13 PLYO
14 STRENGTH	15 PLYO	16 STRENGTH	17 STRENGTH	18 CARDIO	19	21 CARDIO
21 PLYO	22 CARDIO	23 PLYO	24 PLYO	25 STRENGTH	26	27 STRENGTH
28 CARDIO	29 STRENGTH	30 CARDIO				