

# April



The Ultimate Hand for Health

# 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 5:30 AM – Circuit + TRX** 7:00 AM - Burn 30*	<b>2</b> 6:15 AM - Burn 30* 5:30 PM – Circuit + TRX**	<b>3</b> 7:00 AM - Burn 30*	<b>4</b> 8:00 AM – Circuit + TRX** 7:00 AM - Burn 30*
<b>6</b> 7:00 AM – Burn 30* 5:30 PM – The Climb at Spade**	<b>7</b> 6:15 AM - Burn 30* 5:30 PM – Circuit + TRX**	<b>8</b> 5:30 AM – Circuit + TRX** 7:00 AM - Burn 30* 6:00 PM – Pour & Power#	<b>9</b> 6:15 AM - Burn 30* 5:30 PM – Circuit + TRX**	<b>10</b> 7:00 AM - Burn 30*	<b>11</b> 8:00 AM – Circuit + TRX**
<b>13</b> 7:00 AM – Burn 30* 5:30 PM – The Climb at Spade**	<b>14</b> 6:15 AM - Burn 30* 5:30 PM – Circuit + TRX**	<b>15</b> 5:30 AM – TRX & Circuit** 7:00 AM - Burn 30* 6:00 PM – Pilates & Prosecco	<b>16</b> 6:15 AM - Burn 30* 5:30 PM – Circuit + TRX**	<b>17</b> 7:00 AM - Burn 30*	<b>18</b> 8:00 AM – Circuit + TRX** 10:30 PM – Sculpt & Sip
<b>20</b> 7:00 AM – Burn 30* 5:30 PM – The Climb at Spade**	<b>21</b> 6:15 AM - Burn 30* 5:30 PM – Circuit + TRX**	<b>22</b> 5:30 AM – Circuit + TRX** 7:00 AM - Burn 30* 6:00 PM – Bubbles & Burn	<b>23</b> 6:15 AM - Burn 30* 5:30 PM – Circuit + TRX** 6:00 PM – Music Bingo	<b>24</b> 7:00 AM - Burn 30*	<b>25</b> 8:00 AM – Circuit + TRX**
<b>27</b> 7:00 AM – Burn 30* 5:30 PM – The Climb at Spade**	<b>28</b> 6:15 AM - Burn 30* 5:30 PM – Circuit + TRX**	<b>29</b> 5:30 AM – Circuit + TRX** 7:00 AM - Burn 30* 6:00 PM – Pilates & Prosecco	<b>30</b> 6:15 AM - Burn 30* 5:30 PM – Circuit + TRX**	*Women’s Strength **Co-ed #Pop Up Event	