



Stick & Move
Body Shop

March 2022



Stick & Move
Body Shop

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6am - Top of the Mornin 1 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	6am - Top of the Mornin 2 Leigh-Ann Noon Variety - Stacey	6am - Top of the Mornin 3 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	6am - Top of the Mornin 4 Leigh-Ann 9am - Yoga - Andrea / Let's Move	5
6	6am - Top of the Mornin 7 Leigh-Ann 6:30pm - Tabata - Ronnie	6am - Top of the Mornin 8 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	6am - Top of the Mornin 9 Leigh-Ann Noon Variety - Stacey	6am - Top of the Mornin 10 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30pm - Shake your Booty - Lindsey	6am - Top of the Mornin 11 Leigh-Ann 9am - Yoga - Andrea / Let's Move	12
13	6am - Top of the Mornin 14 Leigh-Ann 9am - Let's Move - Leigh-Ann 5:30pm Learning the Ropes - Chelsea 6:30pm - Tabata - Ronnie	6am - Top of the Mornin 15 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	6am - Top of the Mornin 16 Leigh-Ann 9am - Let's Move - Leigh-Ann Noon Variety - Stacey 5:30pm PGB all levels - Stacey 6:30pm 222	6am - Top of the Mornin 17 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	6am - Top of the Mornin 18 Leigh-Ann 9am - Yoga - Andrea / Let's Move	19 9am PGB all levels - Kristi
20	6am - Top of the Mornin 21 Leigh-Ann 9am - Let's Move - Leigh-Ann 5:30pm Learning the Ropes - Chelsea 6:30pm - Tabata - Ronnie	6am - Top of the Mornin 22 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	6am - Top of the Mornin 23 Leigh-Ann 9am - Let's Move - Leigh-Ann Noon Variety - Stacey 5:30pm PGB all levels - Stacey 6:30pm 222	6am - Top of the Mornin 24 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30pm - Shake your Booty - Lindsey	6am - Top of the Mornin 25 Leigh-Ann 9am - Yoga - Andrea / Let's Move	26 9am PGB all levels - Kristi
27	6am - Top of the Mornin 28 Leigh-Ann 9am - Let's Move - Leigh-Ann 5:30pm Learning the Ropes - Chelsea 6:30pm - Tabata - Ronnie	6am - Top of the Mornin 29 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	6am - Top of the Mornin 30 Leigh-Ann 9am - Let's Move - Leigh-Ann Noon Variety - Stacey 5:30pm PGB all levels - Stacey 6:30pm 222	6am - Top of the Mornin 31 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30pm - Shake your Booty - Lindsey		



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April 2022



Stick & Move
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					6am - Top of the Mornin 1 Leigh-Ann 9am - Yoga - Andrea / Let's Move	2 9am PGB all levels - Kristi
3	6am - Top of the Mornin 4 Leigh-Ann 9am - Let's Move - Leigh-Ann 5:30pm Learning the Ropes - Chelsea 6:30pm - Tabata - Ronnie	6am - Top of the Mornin 5 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	6am - Top of the Mornin 6 Leigh-Ann 9am - Let's Move - Leigh-Ann Noon Variety - Stacey 5:30pm PGB all levels - Stacey 6:30pm 222	6am - Top of the Mornin 7 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30pm - Shake your Booty - Lindsey	6am - Top of the Mornin 8 Leigh-Ann 9am - Yoga - Andrea / Let's Move	9 9am PGB all levels - Kristi
10	6am - Top of the Mornin 11 Leigh-Ann 9am - Let's Move - Leigh-Ann 5:30pm Learning the Ropes - Chelsea 6:30pm - Tabata - Ronnie	6am - Top of the Mornin 12 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	6am - Top of the Mornin 13 Leigh-Ann 9am - Let's Move - Leigh-Ann Noon Variety - Stacey 5:30pm PGB all levels - Stacey 6:30pm 222	6am - Top of the Mornin 14 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30pm - Shake your Booty - Lindsey	6am - Top of the Mornin 15 Leigh-Ann 9am - Yoga - Andrea / Let's Move	16 9am PGB all levels - Kristi
17	6am - Top of the Mornin 18 Leigh-Ann 9am - Let's Move - Leigh-Ann 5:30pm Learning the Ropes - Chelsea 6:30pm - Tabata - Ronnie	6am - Top of the Mornin 19 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	6am - Top of the Mornin 20 Leigh-Ann 9am - Let's Move - Leigh-Ann Noon Variety - Stacey 5:30pm PGB all levels - Stacey 6:30pm 222	6am - Top of the Mornin 21 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30pm - Shake your Booty - Lindsey	6am - Top of the Mornin 22 Leigh-Ann 9am - Yoga - Andrea / Let's Move	23 9am PGB all levels - Kristi
24	6am - Top of the Mornin 25 Leigh-Ann 9am - Let's Move - Leigh-Ann 5:30pm Learning the Ropes - Chelsea 6:30pm - Tabata - Ronnie	6am - Top of the Mornin 26 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	6am - Top of the Mornin 27 Leigh-Ann 9am - Let's Move - Leigh-Ann Noon Variety - Stacey 5:30pm PGB all levels - Stacey 6:30pm 222	6am - Top of the Mornin 28 Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30pm - Shake your Booty - Lindsey	6am - Top of the Mornin 29 Leigh-Ann 9am - Yoga - Andrea / Let's Move	30 9am PGB all levels - Kristi
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