

July
 S M T W T F S
 1 2 3
 4 5 6 7 8 9 10
 11 12 13 14 15 16 17
 18 19 20 21 22 23 24
 25 26 27 28 29 30 31

Kid Room Hours
Monday - Friday
8:15a - 10:15a
4:30p - 6:30p

August 2010

September
 S M T W T F S
 1 2 3 4
 5 6 7 8 9 10 11
 12 13 14 15 16 17 18
 19 20 21 22 23 24 25
 26 27 28 29 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 <u>Rona is gone this week, so try out the other instructors!!</u> <u>They will give you a run for your money!!</u></p>	<p>2 8:30 3-2-1 4:30 KBC 5:15 Gutbusters 5:30 Power Pump</p>	<p>3 8:30 *Sit-N-Spin 5:15 BODYJAM</p>	<p>4 8:30 Circuit 5:00 kickfit 5:45 Gutbusters 6:15 BODYJAM</p>	<p>5 NO 9:30 class (Linda is gone) 4:30 *Sit-N-Spin NO 5:20 Class (Rona is gone)</p>	<p>6 8:30 Power Pump 9:15 Gutbusters</p>	<p>7 8:30 *Sit-N-Spin</p>
<p>8 8:30 3-2-1 4:30 KBC 5:15 Gutbusters 5:30 Power Pump</p>	<p>9 8:30 *Sit-N-Spin 4:10 *Sit-N-Spin 5:15 BODYJAM</p>	<p>10 8:30 *Sit-N-Spin 5:00 Kickfit 5:45 Gutbusters 6:15 BODYJAM</p>	<p>11 8:30 Step-N-Sculpt 5:00 Kickfit 5:45 Gutbusters 6:15 BODYJAM</p>	<p>12 8:30 *Sit-N-Spin 9:30 Core Essentials 4:30 *Sit-N-Spin 5:20 3-2-1 (abs included in class)</p>	<p>13 8:30 Power Pump 9:15 Gutbusters</p>	<p>14 8:30 *Sit-N-Spin</p>
<p>15 8:30 3-2-1 4:30 KBC 5:15 Gutbusters 5:30 Power Pump</p>	<p>16 8:30 *Sit-N-Spin 4:10 *Sit-N-Spin 5:15 BODYJAM</p>	<p>17 8:30 Step-N-Sculpt 6:15 BODYJAM</p>	<p>18 8:30 *Sit-N-Spin 9:30 Core Essentials 4:30 *Sit-N-Spin 5:20 3-2-1 (abs included in class)</p>	<p>19 8:30 Power Pump 9:15 Gutbusters</p>	<p>20 8:30 *Sit-N-Spin</p>	<p>21 8:30 *Sit-N-Spin</p>
<p>22 <u>For the last two weeks of August there will be NO 5:00 class on Wednesday!!</u> <u>Sorry for the inconvenience!</u></p>	<p>23 SCHOOL STARTS 8:30 3-2-1 4:30 KBC 5:15 Gutbusters 5:30 Power Pump</p>	<p>24 8:30 *Sit-N-Spin 4:10 *Sit-N-Spin 5:15 BODYJAM</p>	<p>25 8:30 Step-N-Sculpt 6:15 BODYJAM</p>	<p>26 8:30 *Sit-N-Spin 9:30 Core Essentials 4:30 *Sit-N-Spin 5:20 3-2-1 (abs included in class)</p>	<p>27 8:30 Power Pump 9:15 Gutbusters</p>	<p>28 8:30 *Sit-N-Spin</p>
<p>29 8:30 3-2-1 4:30 KBC 5:15 Gutbusters 5:30 Power Pump</p>	<p>30 8:30 *Sit-N-Spin 4:10 *Sit-N-Spin 5:15 BODYJAM</p>	<p>31 8:30 *Sit-N-Spin 4:10 *Sit-N-Spin 5:15 BODYJAM</p>	<p>31 8:30 *Sit-N-Spin 4:10 *Sit-N-Spin 5:15 BODYJAM</p>			