



Fitness Class Schedule

SEPTEMBER 2011



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00-10:00am Alyce- Chisel	2 9:00-10:00am Yoga - Callie	3 Holiday/No Class
5 Holiday/No class	6 9:00-10:00am Holly- Cardio Blast	7 9:00-10:00am Melissa- Kickboxing	8 9:00-10:00am Alyce- Chisel	9 9:00-10:00am Yoga- Callie	10 8:00-9:00am Boot Camp- Holly
12 9:00-10:00am Yoga- Sharon	13 9:00-10:00am Kendra- Chisel	14 9:00-10:00am Kendra- Instr. Choice	15 9:00-10:00am Alyce- Cardio Blast	16 9:00-10:00am Yoga- Callie	17 8:00-9:00am Boot Camp- Erica
19 9:00-10:00am Yoga- Sharon	20 9:00-10:00am Holly- Core & More	21 9:00-10:00am Melissa- Kickboxing	22 9:00-10:00am Kendra- Chisel	23 9:00-10:00am Yoga- Callie	24 8:00-9:00am Boot Camp- Melissa
26 9:00-10:00am Yoga- Sharon	27 9:00-10:00am Kendra- Chisel	28 9:00-10:00am Melissa- Instr. Choice	29 9:00-10:00am Erica- Cardio & Stretch	30 9:00-10:00am Yoga- Callie	