

Spring-Summer 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					AB ATTACK 8:45-9:15	
BODY TONING 9:15-10:15AM		INTERVAL CHALLENGE 9:15-10:15 AM	NO IMPACT*** 9:30-10:30am	STRENGTH & TONE 9:15-10:15 AM	BODY TONING 9:15-10:15AM	
Room unavailable 4PM - 9PM		Room unavailable 4PM- 9PM				
	BANDS & BALLS 5PM-6PM		B.L.A.S.T. 5PM - 6PM			