


# JANUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						2
3 <b>3 WEEK INTRO BEGINS</b>	4 Aerobics 6-655p Toning 7-755p	5 Pilates 6-645pm KB 7-8pm	6 Aerobics 6-7pm Toning 715-815	7 <b>**NEW**</b> 30/60/90 circuit 6-7pm	8	9
10	11 Aerobics 6-655p Toning 7-755p	12 Pilates 6-645pm KB 7-8pm	13 Aerobics 6-7pm Toning 715-815	14 30/60/90 circuit 6-7pm	15	16
17	18 <b>NO CLASSES SEE BELOW</b>	19 Pilates 6-645pm KB 7-8pm	20 Aerobics 6-7pm Toning 715-815	21 30/60/90 circuit 6-7pm	22	23
24 <b>1/18 MAKE UP CLASS</b> →	25 Aerobics 6-655p Toning 7-755p	26 Pilates 6-645pm KB 7-8pm	27 Aerobics 6-7pm Toning 715-815	28 30/60/90 circuit 6-7pm	29 <b>NEW SESSION</b> ←	30
31						



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# FEBRUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Aerobics 6-655p Toning 7-755p	2 Pilates 6-645pm KB 7-8pm	3 Aerobics 6-7pm Toning 715-815	4 30/60/90 circuit 6-7pm	5	6
7	8 Aerobics 6-655p Toning 7-755p	9 Pilates 6-645pm KB 7-8pm	10 Aerobics 6-7pm Toning 715-815	11 30/60/90 circuit 6-7pm	12	13
14	15 NO CLASS/ SEE 3/24	16 Pilates 6-645pm KB 7-8pm	17 Aerobics 6-7pm Toning 715-815	18 30/60/90 circuit 6-7pm	19	20
21	22 Aerobics 6-655p Toning 7-755p	23 Pilates 6-645pm KB 7-8pm	24 Aerobics 6-7pm Toning 715-815	25 30/60/90 circuit 6-7pm	26	27
28						



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# MARCH 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Aerobics 6-655p Toning 7-755p	2 Pilates 6-645pm KB 7-8pm	3 Aerobics 6-7pm Toning 715-815	4 30/60/90 circuit 6-7pm	5	6
7	8 Aerobics 6-655p Toning 7-755p	9 Pilates 6-645pm KB 7-8pm	10 Aerobics 6-7pm Toning 715-815	11 30/60/90 circuit 6-7pm	12	13
14	15 Aerobics 6-655p Toning 7-755p	16 Pilates 6-645pm KB 7-8pm	17 Aerobics 6-7pm Toning 715-815	18 30/60/90 circuit 6-7pm	19	20
21	22 Aerobics 6-655p Toning 7-755p	23 MAKE-UP 2/15————> NO CLASSES	24 Aerobics 6-655p Toning 7-755p	25 NO CLASSES	26	27
28 NEW SESSION BEGINS THIS WEEK————>	29	30	31			



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