

Xtreme Class Schedule

	Sunday 3/7/10	Monday 3/8/10	Tuesday 3/9/10	Wednesday 3/10/10	Thursday 3/11/10	Friday 3/12/10	Saturday 3/13/10
6:00							
7:00		Total body conditioning w/ Barb. 7:00 - 7:45			Total body conditioning w/ Barb. 7:00 - 7:45		
8:00			Child sitting 8:30 to 10:00. Subject to availability.				
9:00		Mat Pilates w/Kiara 9:00- 10:00	Stretch w/ Melissa 9:00 to 9:45		Stretch w/ Melissa 9:00 to 9:45		
10:00	Fitness by Self Defense @ 10:00						Child Sit 10-12
11:00							Mat Pilates w/Kiara 10:00-10:50
12:00							Zumba w/ Becky @ 11-11:50
1:00							
2:00							
3:00		Child sitting from 3:30 to 5:00 Mon. thru Fri. (Reservation may be required)					
4:00		Total body conditioning w/ Barb. 4:00-5:00	Zumba w/ Becky @ 4 to 5				
5:00							
6:00				Fitness by Self Defense @ 6:00	Total body conditioning w/ Barb. 6:00-6:45		
7:00					Mat Pilates w/Kiara 7:00- 8:00		
8:00							