

Xtreme Class Schedule

	Sunday 9/5/10	Monday 9/6/10	Tuesday 9/7/10	Wednesday 9/8/10	Thursday 9/9/10	Friday 9/10/10	Saturday 9/11/10
6:00							
7:00							
8:00							
9:00			Child sitting Stretch w/ Melissa 9:00 to 9:45	8:30 to 10:00	Stretch w/ Melissa 9:00 to 9:45	On Break Subject to availability	
10:00	Fitness by Self Defense @ 10:00						Child Sitting
11:00							10:00 - 12:00
12:00		Closed for Labor Day					
1:00							
2:00							
3:00							
4:00				Zumba w/ Becky 4:00 - 4:50	Total Body Conditioning 4:00 - 4:50		
5:00							
6:00				Fitness by Self Defense @ 6:00			
7:00							
8:00							
	Scott & Arian	Ken	Kiara	Michelle	Melissa	Becky	Jan
		Ken					
		Ken		Jenny, Jan, Deanna, Sophie, Heather			