

Xtreme Class Schedule

	Sunday 7/25/10	Monday 7/26/10	Tuesday 7/27/10	Wednesday 7/28/10	Thursday 7/29/10	Friday 7/30/10	Saturday 7/31/10	
6:00								
7:00		Firefighter Fitness 7:00 - 7:50						
8:00		Pilates cancelled today	Child sitting	8:30 to 10:00		Pilates 8:30 - 9:00		
9:00		Total Body Conditioning 9:10 - 9:50	Stretch w/ Melissa 9:00 to 9:45	Total Body Conditioning 8:30 - 9:20	Stretch w/ Melissa 9:00 to 9:45	Subject to availability		
10:00	Fitness by Self Defense @ 10:00	a gentler total body 10:10 - 11:00					Child Sitting	
11:00							10:00 to 12:00	
12:00								
1:00								
2:00								
3:00		Child sitting from 3:30 to 5:00 Mon. thru Fri. (Reservation may be required)						
4:00				Zumba w/ Becky 4:00 - 4:50				
5:00								
6:00			Xtreme MMA 6 - 6:50 w/ Joe	Fitness by Self Defense @ 6:00				
7:00								
8:00								
	Scott & Arian	Ken	Kiara	Michelle	Melissa	Becky	Jan	
		Ken						
	Joe	Ken		Jenny, Jan, Deanna, Sophie, Heather				