

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	August 2009	Interim	Summer	Schedule		8/1 8:15 Rhonda / 212 Half & Half 8:30 Joanna /LL3 Strength
8/3 8:30 Rhonda / 212 Cardio Intervals & Strength 8:30 Joanna / LL3 Strength	8/4 6:00 Shayna / 212 Yoga 8:30 Joanna / 212 Strength	8/5 8:30 Rhonda / 212 Cardio / Pump It 9:15 Karen / LL3 Pilates 9:45 Kellie / 212 Strength	8/6 8:30 Joanna / 212 Strength 8:30 Kellie / LL3 Cardio/Kick Boxing	8/7 6:00 Shayna / 212 Yoga 8:30 Kellie / 212 Zumba	8/8 8:30 Joanna /LL3 Strength	
8/10 8:30 Rhonda / 212 Cardio Intervals & Strength 8:30 Joanna / LL3 Strength	8/11 6:00 Shayna / 212 Yoga 8:30 Joanna / 212 Strength	8/12 8:30 Rhonda / 212 Cardio / Pump It 9:15 Karen / LL3 Pilates 9:45 Kellie / 212 Strength	8/13 8:30 Joanna / 212 Strength 8:30 Kellie / LL3 Cardio/Kick Boxing	8/14 6:00 Shayna / 212 Yoga 8:30 Kellie / 212 Zumba	8/15 8:30 Joanna /LL3 Strength	
8/17 8:30 Rhonda / 212 Cardio Intervals & Strength 9:15 Suzanne / LL3 Pilates	8/18 6:00 Shayna / 212 Yoga 8:30 Joanna / 212 Strength 9:45 Eileen / 212 Yoga	8/19 8:30 Rhonda / 212 Cardio / Pump It 9:15 Suzanne / LL3 Pilates 9:45 Kellie / 212 Strength	8/20 8:30 Kellie / LL3 Cardio/Kick Boxing 9:45 Eileen / 212 Yoga	8/21 6:00 Shayna / 212 Yoga 8:30 Kellie / 212 Zumba	8/22 No Classes Today	
8/24 & 8/31 8:30 Rhonda / 212 Cardio Intervals & Strength 9:15 Suzanne / LL3 Pilates	8/25 6:00 Shayna / 212 Yoga 8:30 Joanna / 212 Strength 9:45 Eileen / 212 Yoga	8/26 8:30 Rhonda / 212 Cardio / Pump It 9:15 Suzanne / LL3 Pilates 9:45 Kellie / 212 Strength	8/27 8:30 Joanna / 212 Strength 8:30 Kellie / LL3 Cardio/Kick Boxing 9:45 Eileen / 212 Yoga	8/28 6:00 Shayna / 212 Yoga 8:30 Candus / 212 Zumba	8/29 8:15 Rhonda / 212 Half & Half 8:30 Joanna / LL3 Strength	