

August 2011 SCHEDULE

Schedule your classes online today:

<http://clients.mindbodyonline.com/ws.asp?studioid=18924>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Nicole: ME 7:15 am Ryan: ME Kickboxing 6:00 pm	2 Nicole: ME SPIN 7:15 am Ethan: ME 6:00 pm	3 Ethan: ME 7:15 am Nicole: ME SPIN 5:45 pm Gabe: Zumba 6:30 pm	4 Ethan: TRX 7:15 am Ryan: ME 6:00 pm Ryan: Foam Roll 6:45 pm	5	6
7	8 Ryan: ME Kickboxing 6:00 pm	9 Ethan: ME 6:00 pm	10 Ethan: ME 7:15 am Nicole: ME SPIN 5:45 pm Gabe: Zumba 6:30 pm	11 CLOSED for IDEA World Fitness Convention	12	13
14	15 Nicole: ME 7:15 am Ryan: ME Kickboxing 6:00 pm	16 Nicole: ME SPIN 7:15 am Nicole: ME 6:00 pm	17 Nicole: ME 7:15 am Nicole: ME SPIN 5:45 pm Gabe: Zumba 6:30 pm	18 Nicole: TRX 7:15 am Nicole: ME 6:00 pm Ryan: Foam Roll 6:45 pm	19	20
21	22 Nicole: ME 7:15 am Ryan: ME Kickboxing 6:00 pm	23 Nicole: ME SPIN 7:15 am Ethan: ME 6:00 pm	24 Ethan: ME 7:15 am Nicole: ME SPIN 5:45 pm Gabe: Zumba 6:30 pm	25 Ethan: TRX 7:15 am Ryan: ME 6:00 pm Ryan: Foam Roll 6:45 pm	26	27 Grand Opening Celebration! 11:00am-3:00pm
28	29 Nicole: ME 7:15 am Ryan: ME Kickboxing 6:00 pm	30 Nicole: ME SPIN 7:15 am Ethan: ME 6:00 pm	31 Ethan: ME 7:15 am Nicole: ME SPIN 5:45 pm Gabe: Zumba 6:30 pm	1 Ethan: TRX 7:15 am Ryan: ME 6:00 pm Ryan: Foam Roll 6:45 pm		