

# September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>August 29</b> 8:00-9:00am Endurance Run	<b>August 30</b> 6:00-7:00am BC 7:00-8:00am BC 7:15-8:15pm Bikini Blast BC	<b>August 31</b> 5:30-6:30am BC 6:00-7:15pm Yoga 7:30-8:30pm Zumba	1 <b>NO CLASS</b>	2 <b>NO CLASS</b>	3 <b>NO CLASS</b>	4 <b>NO CLASS</b>
5 <b>NO CLASS</b>	6 <b>LABOR DAY</b> <b>NO CLASS</b>	7 5:30-6:30am BC 6:00-7:15pm Yoga with Nicky 7:30-8:30pm Zumba	8 6:00-7:00am BC 6:30-7:30pm Advanced BC 7:30-8:30pm BC	9 5:30-6:30am BC 6:00-7:30pm Open Gym	10 6:00-7:00am BC 6:30-7:30pm Happy Hour Boot Camp	11 9:30-10:30am BC with some concentration on free weights
12 <b>NO CLASS</b>	13 6:00-7:00am BC 7:15-8:15pm BC	14 5:30-6:30am BC 6:00-7:15pm Yoga with Nicky 7:30-8:30pm Zumba	15 6:00-7:00am BC 6:30-7:30pm Advanced BC 7:30-8:30pm BC	16 5:30-6:30am BC 6:00-7:30pm Open Gym	17 6:00-7:00am BC 6:30-7:30pm Happy Hour Boot Camp	18 9:30-10:30am BC with some concentration on free weights
19 <b>NO CLASS</b>	20 6:00-7:00am BC 7:15-8:15pm BC	21 5:30-6:30am BC 6:00-7:15pm Yoga with Nicky 7:30-8:30pm Zumba	<b>22</b> <b>Back to</b> <b>normal</b> <b>schedule!</b> 6:00-7:00am BC 6:30-7:30pm Advanced BC 7:30-8:30pm BC	23 5:30-6:30am BC 7:30-8:30pm Physique Training	24 6:00-7:00am BC 7:00-8:00am BC 6:30-7:30pm Happy Hour BC	25 8:00-9:00am BC 9:15-10:15am Body Sculpting
26 8:00-9:00am Endurance Run	27 6:00-7:00am BC 7:00-8:00am BC 7:15-8:15pm BC	28 5:30-6:30am BC 6:00-7:15pm Yoga with Nicky 7:30-8:30pm Zumba	29 6:00-7:00am BC 7:00-8:00am BC 6:30-7:30pm Advanced BC 7:30-8:30pm BC	30 5:30-6:30am BC 7:30-8:30pm Physique Training	<b>Thank you for            your            understanding            with this            situation!</b> <b>Any questions?</b> <b>Call- 543-6268</b> FitForFashionStP ete @ gmail.com	<b>Everything            in purple            will be            covered by a            Certified            Personal            Trainer or            Rebekah</b>