

2010 Summer Specialties Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 am <i>Spinning</i> Back in Fall		6:00-7:00 am <i>Spinning</i> Back in Fall		6:00-7:00 am <i>Spinning</i> Back in Fall	
	12:00-1:00 pm <i>Spinning</i> Back in Fall		12:00-1:00 pm <i>Spinning</i> Back in Fall		
		3:30-4:00 <i>Creative Movement</i> Back in Fall			
4:30 – 5:15 pm Hip Hop Back in Fall	4:00-5:30 pm Level III Call for next sess.	4:00-4:30 pm <i>Pre-Ballet/Hip Hop</i> Back in Fall			4:00 pm – 5:00 pm “Spin” Beer Run See you in fall 2010
		4:20-5:50 pm Hip Hop 7-9 Back in Fall	4:30-5:00 pm Level I Call for next sess.		
		4:55-5:25 pm Hip Hop 10-13 Back in Fall	5:00- 5:30 pm Level II Call for next sess.		
5:45-6:45 <i>Spinning</i> Back in Fall		5:45-6:45 <i>Spinning</i> Back in Fall			
6:30-8:30 pm <i>Lone Wolf TKD</i> Steve Osbourne		6:30-8:00 pm <i>Little Wolves TKD</i> Back in Fall			
7:15 – 8:00 pm <i>Kettlebell</i> Chris P.		7:15 – 8:00 pm <i>Kettlebell</i> Chris P.			

*Discounted punch-cards for members – Non-member punch cards available too!

More Specialties coming back this fall.....check it out on fall schedule!!