





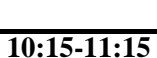










**Rooms 248 & 249**  
**Rooms 248/249 Fall 1 Sept 7-October 24 2010**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:45	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45			6:00
6:00		Body			Body			6:15
6:30		Blast			Blast			6:30
6:45	Theo	Theo	Theo	Theo	Theo			6:45
7:00		6:55-7:55		6:55-7:55				7:00
7:15	7:00 - 8:00	Greet the	7:00-8:00	Greet the	7:00 - 8:00			7:15
7:30	Heartwatch	Day Yoga	Heartwatch	Day Yoga	Heartwatch			7:30
7:45	Sandy	Kate	Victor	Kate	Dan	7:30-8:30		7:45
8:00		8:00-8:55		8:00-8:55		Cycle Strong	YMCA	8:00
8:15	8:15-9:15	Body	8:15-9:15	Body	8:15-9:15		Closed	8:15
8:30	Cycle	Forging	Cycle	Forging	Cycle	Dan		8:30
8:45	Strong	Jan	Strong	Jan	Strong			8:45
9:00		9:00-10:00		9:00-10:00		9:00-10:00		9:00
9:15	Amy	Zumba	Willy	Zumba	Mary			9:15
9:30						Rm 249 Kid's		9:30
9:45	9:30-10:30	Korinn	9:30-10:30	Korinn	9:30-10:30	Karate		9:45
10:00								10:00
10:15		10:15-11:15		10:15-11:15				10:15
10:30	Thia		Amanda		Dan			10:30
10:45			10:35-11:35		10:35-11:35			10:45
11:00		Theo		Theo				11:00
11:15			Sandy		Sandy			11:15
11:30								11:30
12:00	12:00-12:45	12:00-1:00	12:00-12:45	12:00-1:00	12:00-12:45			12:00
12:15	Fitness	Zumba	Fitness	Zumba	Coaching			12:15
12:30	Express	Sarah	Express	Sarah	Clinic			12:30
1:00							YMCA	1:00
1:15							OPEN	1:15
2:00						2:00-3:30	noon - 5pm	2:00
3:00						Okinawan		3:00
3:30						Karate		3:30
4:00	3:40-4:40	3:40-4:40	4:00-5:30	3:30-4:15				4:00
4:15	K-2	Grade 3-4	After	Age 3 Creative				4:15
4:30	Dance	Dance	School	4:15 - 5:15				4:30
5:00			Karate	Age 4 Creative				5:00
5:30				Movement	5:30-6:30		YMCA	5:30
6:00	5:45-6:45	5:50-6:50	5:45-6:45	5:50-6:50		Closes		6:00
6:15		H.I.T.		H.I.T.		at 5 pm		6:15
6:30					Thia		YMCA	6:30
6:45	Thia	Allyson	Dan	Allyson			Closed	6:45
7:00	7:00-9:00	7:00-8:00	7:00-9:00	7:00-8:00				7:00
7:15	Tae	Sunset	Tae	Sunset				7:15
7:30	Kwon	Kripalu	Kwon	Kripalu				7:30
7:45	Do	Yoga	Do	Yoga				7:45
8:00								8:00

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