

Monday	Tuesday	Wednesday	Thursday	Friday
				1 5:00am Jamie - Pump it 7:00am Pam - H20
4 	5 10:00am Sit/B Fit Pam 6:15 Martial Arts- NO CLASS	6 5:00am Jamie - Pump it 7:00am Becky - H20 4:30pm Jamie - 3 in 1	7 10:00am Sit/B Fit Pam 6:15 Martial Arts- NO CLASS	8 7:00am Pam - H20
11 5:00am Jamie - Pump it 8:00am Pam - H20 4:30pm Jamie - 3 in 1	12 10:00am Sit/B Fit Kathy 6:15 Martial Arts- NO CLASS	13 5:00am Jamie - Pump it 8:00am Becky - H20 4:30pm Jamie - 3 in 1	14 10:00am Sit/B Fit Kathy 6:15 Martial Arts- NO CLASS	15 5:00am Jamie - Pump it 8:00am Pam - H20
18 5:00am Jamie - Pump it 8:00am Pam - H20 4:30pm Jamie - 3 in 1	19 10:00am Sit/B Fit Pam 6:15 Martial Arts- Dan R	20 5:00am Jamie - Pump it 8:00am Becky - H20 4:30pm Jamie - 3 in 1	21 10:00am Sit/B Fit Pam 6:15 Martial Arts- Dan R	22 5:00am Jamie - Pump it 8:00am Pam - H20
25 5:00am Jamie - Pump it 8:00am Pam - H20 4:30pm Jamie - 3 in 1	26 10:00am Sit/B Fit Kathy 6:15 Martial Arts- Dan R	27 5:00am Jamie - Pump it 4:30pm Jamie - 3 in 1	28 10:00am Sit/B Fit Kathy 6:15 Martial Arts- Dan R	29 5:00am Jamie - Pump it 8:00am Pam - H20

|

|

|