

# AUGUST 2010

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	5:30 – 6:15 AM SPINNING/MARIAH 9:00 – 10:00 AM BODY PUMP/JANE  12:00 – 1:00 PM BASIC YOGA/LORI  4:45 – 5:45 PM BODY PUMP/VIKKI S 5:45 – 6:45 PM ZUMBA/DANI	9:00 – 10:00 AM YOGA/LORI  4:45 – 5:30 PM SPIN ADVENTURE/ VICKY  5:45 – 6:45 PM BODY PUMP/ANGIE	6:00 – 7 AM BODY PUMP/KRIS 8:30 – 9:15 AM IN THE MIX/CHERI  12:00 – 1:00 PM FUSION/LORI  4:45 – 5:45 PM BODY PUMP/JEN 6:00 – 6:45 PM KICKBOXING/HEIDI 7:00 – 7:45PM ZUMBA/DANI	5:30 – 6:15 AM SPINNING/VIKKI 8:15 – 9:00 AM SPINNING/TOMMIE 9:00–10:00 AM YOGA KUNDALINI/ LORI 12:00–12:45 ZUMBA/MISTY  4:45 – 5:30 PM IN THE MIX/TERESA 5:45 – 6:45 PM BODY PUMP/JEN	5:30 – 6:30 AM BODY PUMP/JANE  8:15 – 9:00 AM PILATES/TOMMIE  9:00 – 9:45AM KICKBOXING/HEIDI  12:00 – 1:00 PM TOTAL BODY TONE CHERI	8:00 – 9:00 AM BODY PUMP JEN  9:00 – 10 AM ZUMBA JILL
8	9	10	11	12	13	14
	5:30 – 6:15 AM SPINNING/MARIAH 9:00 – 10:00 AM BODY PUMP/JANE  12:00 – 1:00 PM BASIC YOGA NO CLASS  4:45 – 5:45 PM BODY PUMP/VIKKI S 5:45 – 6:45 PM ZUMBA/DANI	9:00 – 10:00 AM YOGA NO CLASS  4:45 – 5:30 PM SPIN ADVENTURE/ VICKY  5:45 – 6:45 PM BODY PUMP/ANGIE	6:00 – 7 AM BODY PUMP/KRIS 8:30 – 9:15 AM IN THE MIX/CHERI  12:00 – 1:00 PM FUSION NO CLASS  4:45 – 5:45 PM TOTAL BODY TONE CHERI 6:00 – 6:45 PM KICKBOXING/HEIDI 7:00 – 7:45PM ZUMBA/DANI	5:30 – 6:15 AM SPINNING/VIKKI 8:15 – 9:00 AM SPINNING/TOMMIE 9:00–10:00 AM YOGA KUNDALINI NO CLASS 12:00–12:45 ZUMBA/MISTY  4:45 – 5:30 PM IN THE MIX/HEIDI 5:45 – 6:45 PM TOTAL BODY TONE HEIDI	5:30 – 6:30 AM BODY PUMP/JANE  8:15 – 9:00 AM PILATES/TOMMIE  9:00 – 9:45AM KICKBOXING/HEIDI  12:00 – 1:00 PM TOTAL BODY TONE CHERI	8:00 – 9:00 AM BODY PUMP KRIS  9:00 – 10 AM ZUMBA JILL
15	16	17	18	19	20	21
	5:30 – 6:15 AM SPINNING/MARIAH 9:00 – 10:00 AM BODY PUMP/JANE  12:00 – 1:00 PM BASIC YOGA NO CLASS  4:45 – 5:45 PM BODY PUMP/VIKKI S 5:45 – 6:45 PM ZUMBA/DANI	9:00 – 10:00 AM YOGA NO CLASS  4:45 – 5:30 PM SPIN ADVENTURE/ VICKY  5:45 – 6:45 PM BODY PUMP/ANGIE	6:00 – 7 AM BODY PUMP/SHARI 8:30 – 9:15 AM IN THE MIX/CHERI  12:00 – 1:00 PM FUSION NO CLASS  4:45 – 5:45 PM BODY PUMP/JEN 6:00 – 6:45 PM KICKBOXING/HEIDI 7:00 – 7:45PM ZUMBA/DANI	5:30 – 6:15 AM SPINNING/VIKKI 8:15 – 9:00 AM SPINNING/TOMMIE 9:00–10:00 AM YOGA KUNDALINI/ LORI 12:00–12:45 ZUMBA/MISTY  4:45 – 5:30 PM IN THE MIX/TERESA 5:45 – 6:45 PM BODY PUMP/JEN	5:30 – 6:30 AM BODY PUMP/JANE  8:15 – 9:00 AM PILATES/TOMMIE  9:00 – 9:45AM KICKBOXING/HEIDI  12:00 – 1:00 PM BODY PUMP/ SHARI	8:00 – 9:00 AM BODY PUMP KRIS  9:00 – 10 AM ZUMBA JILL
22	23	24	25	26	27	28
	5:30 – 6:15 AM SPINNING/MARIAH 9:00 – 10:00 AM BODY PUMP/JANE  12:00 – 1:00 PM BASIC YOGA/LORI  4:45 – 5:45 PM BODY PUMP/VIKKI S 5:45 – 6:45 PM ZUMBA/DANI	9:00 – 10:00 AM YOGA/LORI  4:45 – 5:30 PM SPIN ADVENTURE/ VICKY  5:45 – 6:45 PM BODY PUMP/ANGIE	6:00 – 7 AM BODY PUMP/SHARI 8:30 – 9:15 AM IN THE MIX/CHERI  12:00 – 1:00 PM FUSION/LORI  4:45 – 5:45 PM BODY PUMP/JEN 6:00 – 6:45 PM KICKBOXING/HEIDI 7:00 – 7:45PM ZUMBA/DANI	5:30 – 6:15 AM SPINNING/VIKKI 8:15 – 9:00 AM SPINNING/TOMMIE 9:00–10:00 AM YOGA KUNDALINI/ LORI 12:00–12:45 ZUMBA/MISTY  4:45 – 5:30 PM IN THE MIX/HEIDI 5:45 – 6:45 PM BODY PUMP/JEN	5:30 – 6:30 AM BODY PUMP/JANE  8:15 – 9:00 AM PILATES/TOMMIE  9:00 – 9:45AM KICKBOXING/HEIDI  12:00 – 1:00 PM BODY PUMP/SHARI	28 8:00 – 9:00 AM BODY PUMP SHARI
29	30	31				
	5:30 – 6:15 AM SPINNING/MARIAH 9:00 – 10:00 AM TOTAL BODY TONE CHERI  12:00 – 1:00 PM BASIC YOGA/LORI  4:45 – 5:45 PM BODY PUMP/VIKKI S 5:45 – 6:45 PM ZUMBA/DANI	9:00 – 10:00 AM YOGA/LORI  4:45 – 5:30 PM SPIN ADVENTURE/ VICKY  5:45 – 6:45 PM BODY PUMP/ANGIE				