



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 5:15AM V. KICKS & STICK	2 5:15AM V. REV ON THE MAT	3
4	5 5:15AM V. STRENGTH 7:30PM STICKS & STONES	6 5:15AM V. KICKS & STICKS 5P WOMEN'S STRENGTH 6P REV ON THE MAT	7 5:15AM V. STRENGTH 7:30P STICKS & STONES	8 5:15AM V. KICKS & STICKS 5P WOMEN'S STRENGTH 6P REV ON THE MAT	9 5:15AM V. REV ON THE MAT	10
11	12 5:15AM V. STRENGTH 7:30PM STICKS & STONES	13 5:15AM V. KICKS & STICKS 5P WOMEN'S STRENGTH 6P REV ON THE MAT	14 5:15AM V. STRENGTH 7:30P STICKS & STONES	15 5:15AM V. KICKS & STICKS 5P WOMEN'S STRENGTH	16 5:15AM V. REV ON THE MAT	17
18	19 5:15AM V. STRENGTH 7:30PM STICKS & STONES	20 5:15AM V. KICKS & STICKS 5P WOMEN'S STRENGTH 6P REV ON THE MAT	21 5:15AM V. STRENGTH NO EVENING CLASSES	22 NO MORNING CLASSES 5P WOMEN'S STRENGTH	23 5:15AM V. REV ON THE MAT	24
25	26 5:15AM V. STRENGTH 7:30PM STICKS & STONES	27 5:15AM V. KICKS & STICKS 5P WOMEN'S STRENGTH 6P REV ON THE MAT	28 5:15AM V. STRENGTH 7:30P STICKS & STONES	29 5:15AM V. KICKS & STICKS 5P WOMEN'S STRENGTH	30 5:15AM V. REV ON THE MAT	

- V= VIRTUAL
 - KICKS & STICKS= KICKBOXING & DRUMSTICKS.
 - REV ON THE MAT= LOW IMPACT STRETCH AND STRENGTH
- STICKS & STONES= DRUMSTICKS & STRENGTH