



TIME CLASS INSTRUTOR

**MONDAY**

10:00 - 11:00 am Small Group Class ..... Jess  
5:30 - 6:30 pm Small Group Class .....Nicole  
6:30 - 7:30 pm Small Group Class .....Nicole

**TUESDAY**

6:30 - 7:30 am Small Group Class ..... Jess  
10:00 - 11:00 am Small Group Class .....Nicole

**WEDNESDAY**

10:00 - 11:00 am Small Group Class .....Nicole  
6:00 - 7:00 pm Small Group Class .....Kurt

**THURSDAY**

6:30 - 7:30 am Small Group Class ..... Jess  
10:00 - 11:00 am Small Group Class .....Carolyn  
6:00 - 7:00 pm Small Group Class .....Nicole

TIME CLASS INSTRUTOR

**FRIDAY**

9:00 - 10:00 am Small Group Class ..... Jess  
10:00 - 11:00 am Small Group Class ..... Jess

**SATURDAY**

9:00 - 10:00 am Small Group Class .....Nicole  
10:00 - 11:00 am Small Group Class ..... Jess

**SUNDAY**

9:00 - 10:00 am Small Group Class .....Kurt

**MONTHLY POP-UPS**

SMALL GROUP TRAINING

**Rocking and Rolling to Release**

Date: 9/8  
Time: 5:30-6:30pm

**NEW CLASS OFFERING**

SMALL GROUP CLASSES

TIME: 9:00-10:00 AM DATE: 8/11 WITH SUSAN  
TIME: 9:00-10:00 AM DATE: 8/18 WITH SUSAN  
TIME: 10:00-11:00 AM DATE: 8/25 WITH SUSAN