



KID FIT - FALL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FITNESS FUN FOR TOTS 9AM-11AM	FITNESS FUN FOR TOTS 9AM-11AM	FITNESS FUN FOR TOTS 9AM-11AM	FITNESS FUN FOR TOTS 9AM-11AM	FITNESS FUN FOR TOTS 9AM-11AM	KICKS FOR KIDS w/ JONATHAN 9AM-10AM
					NUTRITION w/ AMANDA 10AM-1045AM
KICKS FOR KIDS w/ JONATHAN 5PM-530PM	KICKS FOR KIDS w/ JONATHAN 5PM-530PM	TUMBLING w/ BECCA 5PM-530PM	KICKS FOR KIDS w/ JONATHAN 5PM-530PM	TGIF CIRCUIT w/ JONATHAN 5PM-6PM	HIP HOP FOR KIDS w/ CRYSTAL 11AM-12PM
NUTRITION w/ MELISSA 530PM-6PM	NUTRITION w/ JONTHAN 530PM-6PM	NUTRITION w/ BECCA 530PM-6PM	NUTRITION w/ JONTHAN 530PM-6PM	DANCE DANCE REVOLUTION 6PM-7PM	
YOGA w/ MELISSA 6PM-630PM	CIRCUIT FUN w/ JONATHAN 6PM-630PM	HIP HOP w/ CRYSTAL 6PM-630PM	FITNESS FUN w/ CRYSTAL 6PM-630PM		
NUTRITION w/ JONATHAN 630PM-7PM	NUTRITION w/ JONATHAN 630PM-7PM	NUTRITION w/ CRYSTAL 630PM-7PM	NUTRITION w/ CRYSTAL 630PM-7PM		
MARTIAL ARTS FITNESS with KODY (ADULTS ONLY) 630PM-730PM	MARTIAL ARTS FITNESS with KODY (ADULTS ONLY) 630PM-730PM	MARTIAL ARTS FITNESS with KODY (ADULTS ONLY) 630PM-730PM	MARTIAL ARTS FITNESS with KODY (ADULTS ONLY) 630PM-730PM		
	SALSA FITNESS with JUAN (ADULTS ONLY) 730PM-830PM CLASS ENDING NOV. 25		SALSA FITNESS with JUAN (ADULTS ONLY) 730PM-830PM CLASS ENDING NOV. 25		

There will be a Kid Fit Instructor in the Kid Fit room at all times while classes are being held.