

PLEASE CALL AHEAD TO SCHEDULE YOUR CLASSES TO ENSURE PARTICIPATION IN THE SESSIONS OF YOUR CHOICE. SHOULD YOU NEED TO CHANGE OR CANCEL YOUR CLASS, PLEASE ALLOW 24 HOURS NOTICE TO AVOID FORFEITING THE SESSION.

54 DOLPHIN ROAD, BRISTOL, CT 06010 - 860-314-0122 - www.parischool.com



September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Class Legend:</u> MMA Cond.- MMA</p> <p>Boxing—Thai Boxing</p> <p>Adult fitness - Adultf</p>			1	2	3	4
			9-10 am AdultFit 5:30-6:30AdultF 6:30-7:30AdultF 730-830 Boxing 830-930 MMA	8-9 am MMA 9-10 am AdultFit 530-630 AdultF 630-730 Boxing 730-830 MMA	9-10 am AdultFit 1-2 pm MMA 2-3pm AdultFit 530-630 Boxing 630-730 MMA	10—11 AdultFit 11-12pm Boxing 12-1pm MMA
5	6	7	8	9	10	11
	9-10 am AdultFit 5:30-6:30AdultF 6:30-7:30AdultF 730-830 Boxing 830-930 MMA	8-9 am MMA 9-10 am AdultFit 530-630 AdultF 630-730 Boxing 730-830 MMA	9-10 am AdultFit 5:30-6:30AdultF 6:30-7:30AdultF 730-830 Boxing 830-930 MMA	8-9 am MMA 9-10 am AdultFit 530-630 AdultF 630-730 Boxing 730-830 MMA	9-10 am AdultFit 1-2 pm MMA 2-3pm AdultFit 530-630 Boxing 630-730 MMA	10—11 AdultFit 11-12pm Boxing 12-1pm MMA
12	13	14	15	16	17	18
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August Continued

Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20	21	22	23	24	25
	<p>9-10 am AdultFit</p> <p>5:30-6:30AdultF 6:30-7:30AdultF 730-830 Boxing 830-930 MMA</p>	<p>8-9 am MMA 9-10 am AdultFit</p> <p>530-630 AdultF 630-730 Boxing 730-830 MMA</p>	<p>9-10 am AdultFit</p> <p>5:30-6:30AdultF 6:30-7:30AdultF 730-830 Boxing 830-930 MMA</p>	<p>8-9 am MMA 9-10 am AdultFit</p> <p>530-630 AdultF 630-730 Boxing 730-830 MMA</p>	<p>9-10 am Adult-Fit</p> <p>1-2 pm MMA 2-3pm AdultFit 530-630 Box-</p>	<p>10—11 AdultFit 11-12pm Boxing 12-1pm MMA</p>
26	27	28	29	30		
	<p>9-10 am AdultFit</p> <p>5:30-6:30AdultF 6:30-7:30AdultF 730-830 Boxing 830-930 MMA</p>	<p>8-9 am MMA 9-10 am AdultFit</p> <p>530-630 AdultF 630-730 Boxing 730-830 MMA</p>	<p>9-10 am AdultFit</p> <p>5:30-6:30AdultF 6:30-7:30AdultF 730-830 Boxing 830-930 MMA</p>	<p>8-9 am MMA 9-10 am AdultFit</p> <p>530-630 AdultF 630-730 Boxing 730-830 MMA</p>		