

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.

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September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Class Legend:</u> LS: Linear Speed COD: Change of Direction JS: Jump Start TP: Total Performance TBS: Total Body Strength TC: Total Conditioning UBS: upr body st</p>			1	2	3	4
			3:30pm TP2 LS 4:30pm TP1 TBS 4:30pm TP1 LS 5:30pm JS1 5:30pm TP2 COD 6:30pm JS2 6:30pm TP1 COD 7:30pm TP2 LS	3:30pm TP2 COD 4:30pm TP1 COD 4:30pm TP1 TBS 5:30pm JS2 5:30pm TC (7-12) 6:30pm JS1 6:30pm TP1 COD 7:30pm TP2 TBS	3:30pm TP2 COD 3:30pm TP2 TBS 4:30pm TP1 LS 4:30pm JS1 5:30pm JS2 5:30pm TC (13-18)	10:00am TP1 LS 11:00am TP2 LS 12:00PM JS2 /JS1 1:00PM TP2 TBS
5	6	7	8	9	10	11
<p><u>Level Legend:</u> Jump Start 1: Blue Jump Start 2: Green Total Performance 1: Red Total Performance 2: Black Total Conditioning: Purple</p>	Closed For Labor Day!!! Have a great weekend	3:30pm TP2 TBS 4:30pm TP2 UBS 4:30pm TP1 COD 5:30pm JS 1 5:30pm TP1 TBS 6:30pm JS2 6:30pm TP1 LS 7:30pm TP2 LS	3:30pm TP2 LS 4:30pm TP1 TBS 4:30pm TP1 LS 5:30pm JS1 5:30pm TP2 COD 6:30pm JS2 6:30pm TP1 COD 7:30pm TP2 LS	3:30pm TP2 COD 4:30pm TP1 COD 4:30pm TP1 TBS 5:30pm JS2 5:30pm TC (7-12) 6:30pm JS1 6:30pm TP1 COD 7:30pm TP2 TBS	3:30pm TP2 COD 3:30pm TP2 TBS 4:30pm TP1 LS 4:30pm JS1 5:30pm JS2 5:30pm TC (13-18)	10:00am TP1 COD 11:00am TP2 COD 12:00PM JS2 /JS1 1:00PM TP2 UBS

September 2010 Con't

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12	13	14	15	16	17	18
	3:30pm TP2 LS 4:30pm TP1 TBS 4:30pm JS1 5:30pm TP2 TBS 5:30pm JS2 6:30pm TP1 TBS 6:30pm TP1 COD 7:30pm TP2 COD	3:30pm TP2 TBS 4:30pm TP2 UBS 4:30pm TP1 COD 5:30pm JS 1 5:30pm TP1 TBS 6:30pm JS2 6:30pm TP1 LS 7:30pm TP2 LS	3:30pm TP2 LS 4:30pm TP1 TBS 4:30pm TP1 LS 5:30pm JS1 5:30pm TP2 COD 6:30pm JS2 6:30pm TP1 COD 7:30pm TP2 LS	3:30pm TP2 COD 4:30pm TP1 COD 4:30pm TP1 TBS 5:30pm JS2 5:30pm TC (7-12) 6:30pm JS1 6:30pm TP1 LS 7:30pm TP2 TBS	3:30pm TP2 COD 3:30pm TP2 TBS 4:30pm TP1 LS 4:30pm JS1 5:30pm JS2 5:30pm TC (13-18)	10:00am TP1 LS 11:00am TP2 LS 12:00PM JS2 /JS1 1:00PM TP2 TBS
19	20	21	22	23	24	25
	CAT CLUB CHALLENGE DAY!! 3:30pm and 7:30pm TP Athletes (ages 13 and up) 5:30pm and 7:30pm JS Athletes (ages 7-12) <u>*Bring a friend!*</u>	3:30pm TP2 TBS 4:30pm TP2 UBS 4:30pm TP1 COD 5:30pm JS 1 5:30pm TP1 TBS 6:30pm JS2 6:30pm TP1 LS 7:30pm TP2 LS	3:30pm TP2 LS 4:30pm TP1 TBS 4:30pm TP1 LS 5:30pm JS1 5:30pm TP2 COD 6:30pm JS2 6:30pm TP1 COD 7:30pm TP2 LS	3:30pm TP2 COD 4:30pm TP1 COD 4:30pm TP1 TBS 5:30pm JS2 5:30pm TC (7-12) 6:30pm JS1 6:30pm TP1 LS 7:30pm TP2 TBS	3:30pm TP2 COD 3:30pm TP2 TBS 4:30pm TP1 LS 4:30pm JS1 5:30pm JS2 5:30pm TC (13-18)	10:00am TP1 COD 11:00am TP2 COD 12:00PM JS2 /JS1 1:00PM TP2 UBS
26	27	28	29	30		
	3:30pm TP2 LS 4:30pm TP1 TBS 4:30pm JS1 5:30pm TP2 TBS 5:30pm JS2 6:30pm TP1 TBS 6:30pm TP1 COD 7:30pm TP2 COD	3:30pm TP2 TBS 4:30pm TP2 UBS 4:30pm TP1 COD 5:30pm JS 1 5:30pm TP1 TBS 6:30pm JS2 6:30pm TP1 LS 7:30pm TP2 LS	3:30pm TP2 LS 4:30pm TP1 TBS 4:30pm TP1 LS 5:30pm JS1 5:30pm TP2 COD 6:30pm JS2 6:30pm TP1 COD 7:30pm TP2 LS	3:30pm TP2 COD 4:30pm TP1 COD 4:30pm TP1 TBS 5:30pm JS2 5:30pm TC (7-12) 6:30pm JS1 6:30pm TP1 LS 7:30pm TP2 TBS		