

# Fall 2010 'Just Hawk It' Week

September 13<sup>th</sup> – 17<sup>th</sup> 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5:30pm</b> <b>STEP</b> Sarah	<b>10:30am</b> <b>YOGA</b> Lauren	<b>11:30am</b> <b>BOOT CAMP</b> Katie	<b>1:00pm</b> <b>LABB</b> Jenn	<b>10:30am</b> <b>Muscle Up</b> Katie
<b>6:30pm</b> <b>CARDIO KICK</b> Julie	<b>5:30pm</b> <b>CYCLE</b> Jenn	<b>4:00pm</b> <b>YOGA</b> Shannon	<b>2:30pm</b> <b>BOOT CAMP</b> Julie	<b>11:00am</b> <b>PILATES</b> Lauren
<b>7:30pm</b> <b>HARD CORE</b> Katie	<b>6:00pm</b> <b>BODY PUMP</b> Ally	<b>5:00pm</b> <b>ZUMBA</b> Karla	<b>4:30pm</b> <b>CYCLE</b> Ally	
	<b>6:30pm</b> <b>PILATES</b> Shannon	<b>6:00pm</b> <b>STEP</b> Sarah	<b>6:30pm</b> <b>ZUMBA</b> Karla	