



Kinesis Programming Schedule

Reservations are required for all Kinesis classes.
Effective August 1, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:00-6:30am EXPRESS Ian			
	6:30-7:20am ENDURANCE Ian		6:30-7:20am ENDURANCE Ian		8:00-8:30am EXPRESS Ian	
	8:00-8:30am EXPRESS Ian	8:00-8:50am ENDURANCE Adrian	8:00-8:30am EXPRESS Ian			
10:00-10:50am ENDURANCE Adrine		10:30-11:00am EXPRESS Heather			9:00-9:50am ENDURANCE Ian	
	12:30-1:00p EXPRESS Adrine		12:30-1:00pm Kinesis- Tabata Inspired Adrine	12:30-1:00pm EXPRESS Heather		

