

# 2010 July



WWW.AMFAMFIT.COM  
 American Family Fitness  
 FREDERICKSBURG, VIRGINIA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					1. 10:00am 5:00pm 7:00pm	2. 8:15am 9:30am 6:30pm	3. 9:00am 10:15am
4. 12:00pm  CLOSE @ 2:00pm  Reopen @ 4am	5. 8:15am 9:30am 4:30pm 5:45pm 7:00pm	6. 10:00am 5:15pm 6:30pm 7:45pm	7. 8:15am 9:30am 5:45pm 7:00pm	8. 10:00am 5:00pm 7:00pm	9. 8:15am 9:30am 6:30pm	10. 9:00am 10:15am	
11. 12:00pm	12. 8:15am 9:30am 4:30pm 5:45pm 7:00pm	13. 10:00am 5:15pm 6:30pm 7:45pm	14. 8:15am 9:30am 5:45pm 7:00pm	15. 10:00am 5:00pm 7:00pm	16. 8:15am 9:30am 6:30pm	17. 9:00am 10:15am	
18. 12:00pm	19. 8:15am 9:30am 4:30pm 5:45pm 7:00pm	20. 10:00am 5:15pm 6:30pm 7:45pm	21. 8:15am 9:30am 5:45pm 7:00pm	22. 10:00am 5:00pm 7:00pm	23. 8:15am 9:30am 6:30pm	24. 9:00am 10:15am	
25. 12:00pm	26. 8:15am 9:30am 4:30pm 5:45pm 7:00pm	27. 10:00am 5:15pm 6:30pm 7:45pm	28. 8:15am 9:30am 5:45pm 7:00pm	29. 10:00am 5:00pm 7:00pm	30. 8:15am 9:30am 6:30pm	31. 9:00am 10:15pm	