

Activities Studio August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 7:00 Running Ayse 9:30 Abs15 Ashley 10:00 Healthy Steps Talia 11:00 Gentle Yoga Shelle 5:00 Jr. Ball & Bar Angela 5:30 Get Moving Ashley 6:30 Abs30 Joe	3 5:45 FT Murat 9:30 Get Moving Ashley 4:30-7:30 Karate 7:30 Basic Step Diane	4 5:30 Running Murat 7:00 Running Ayse 9:00 Buts, Guts & More Ashley 5:30 Get Moving Ashley 6:30 Abs30 Joe 7:00 Be Nourished	5 5:45 FT Murat 8:15 Buts, Guts & More Ashley 9:30 Get Moving Ashley 4:30-7:30 Karate	6 5:30 Running Murat 7:00 Running Ayse	7 7-9 Running at SPMS Murat 9:15 Kids Boot Camp Naveed
8	9 7:00 Running Ayse 9:30 Abs15 Kristy 10:00 Healthy Steps Talia 11:00 Gentle Yoga Shelle 5:00 Jr. Ball & Bar Angela 5:30 Get Moving Ashley 6:30 Abs30 Joe	10 5:45 FT Murat 9:30 Get Moving Ashley 4:30-7:30 Karate 7:30 Basic Step Tara	11 5:30 Running Murat 7:00 Running Ayse 9:00 Buts, Guts & More Ashley 5:30 Get Moving Ashley 6:30 Abs30 Joe 7:00 Be Nourished	12 5:45 FT Murat 8:15 Buts, Guts & More Ashley 9:30 Get Moving Ashley 4:30-7:30 Karate	13 5:30 Running Murat 7:00 Running Ayse	14 7-9 Running at SPMS Murat 9:15 Kids Boot Camp Naveed
15	16 7:00 Running Ayse 9:30 Abs15 Kristy 10:00 Healthy Steps Talia 11:00 Gentle Yoga Shelle 5:00 Jr. Ball & Bar Angela 5:30 Get Moving Ashley 6:30 Abs30 Joe	17 5:45 FT Murat 9:30 Get Moving Ashley 4:30-7:30 Karate 7:30 Basic Step Tara	18 5:30 Running Murat 7:00 Running Ayse 9:00 Buts, Guts & More Ashley 5:30 Get Moving Ashley 6:30 Abs30 Joe 7:00 Be Nourished	19 5:45 FT Murat 8:15 Buts, Guts & More Ashley 9:30 Get Moving Ashley 4:30-7:30 Karate	20 5:30 Running Murat 7:00 Running Ayse	21 7-9 Running at SPMS Murat 9:15 Kids Boot Camp Naveed
22	23 7:00 Running Ayse 9:30 Abs15 Kristy 10:00 Healthy Steps Talia 11:00 Gentle Yoga Shelle 5:00 Jr. Ball & Bar Angela 5:30 Get Moving Ashley 6:30 Abs30 Joe	24 5:45 FT Murat 9:30 Get Moving Ashley 4:30-7:30 Karate 7:30 Basic Step Tara	25 5:30 Running Murat 7:00 Running Ayse 9:00 Buts, Guts & More Ashley 5:30 Get Moving Ashley 6:30 Abs30 Joe 7:00 Be Nourished	26 5:45 FT Murat 8:15 Buts, Guts & More Ashley 9:30 Get Moving Ashley 4:30-7:30 Karate	27 5:30 Running Murat 7:00 Running Ayse	28 7-9 Running at SPMS Murat 9:15 Kids Boot Camp Naveed
29	30 7:00 Running Ayse 9:30 Abs15 Kristy 10:00 Healthy Steps Cancelled today 11:00 Gentle Yoga Shelle 5:00 Jr. Ball & Bar Angela 5:30 Get Moving Dee 6:30 Abs30 Joe	31 5:45 FT Murat 9:30 Get Moving Ashley 4:30-7:30 Karate 7:30 Basic Step Tara	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Contact Us: 804-3641200 AmFamFit.com KGrimes@amfamfit.com </div>		<div style="border: 2px dashed black; padding: 10px; width: fit-content; margin: 0 auto;"> Running Club Meets: At the front desk M,W,F 7am At the front desk Friday and Wednesday 5:30am At Short Pump Middle School Track Saturday mornings. </div>	
<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> *denotes 75 minute class +denotes 90 minute class Beginner friendly class All other classes 60 minutes Family friendly class (ages 9 & older) </div>						