



# Mechanicsville Group X August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>1</p> <p>10:30 Zumba-Karla 11:15 Abs15-Karla 11:30 BasicStep-Karla 12:30 BodyPump-Patti 2:00 BodyCombat-Patti</p>	<p>2</p> <p>6:00 BootCamp-Ed 8:30 BodyCombat-Penny 9:30 BodyStep-Deneen 10:30 BodyPump-Stacie 12:15 BodyFlow-Carrie</p> <p>4:30 BodyPumpXP-Jen 5:30 BodyStep-Stacie 6:30 BootCamp-John 7:30 Zumba-Nicki</p>	<p>3</p> <p>8:30 Seniorcize-Stacie 9:30 BG&amp;M-Stacie 10:30 PilatesPlus-Carrie 12:15 BodyPump-Stacie</p> <p>4:30 BasicStep-Jen 5:15 Abs15-Jen 5:30 BodyPump-Patti 7:00 LineDancing-Kemel</p>	<p>4</p> <p>6:00 BootCamp-Ed 8:30 BodyPumpXP-Stacie 9:30 BodyStep-Deneen 10:30 BodyFlow-Crystal</p> <p>4:30 BG&amp;M-Jen 5:30 BodyCombat-Penny 6:30 BootCamp-Stacie 7:30 BodyJam-Michelle &amp; Cindy</p>	<p>5</p> <p>8:30 Seniorcize-Stacie 9:30 BodyCombat-Chrissie 10:30 Abs30-Crystal 12:15 BodyPump-Crystal</p> <p>4:30 BodyStep-Stacie 5:30 BasicSCT-Crystal 6:30 BodyPump-Cindy 7:45 LineDancing-Kemel</p>	<p>6</p> <p>8:30 BodyPumpXP-Crystal 9:30 AdvStep-Felicia 10:30 MC-Felicia</p> <p>4:30 BodyPump-Cindy 6:00 BodyCombat-Penny</p>	<p>7</p> <p>8:30 BodyStep-Deneen 9:30 BodyPump-Jen 11:00 AKB</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>Friday 6:00 am BasicStep is back Aug. 13th</p> </div>	
<p>8</p> <p>10:30 Zumba-Cindy 11:15 Abs15-Cindy 11:30 BasicStep-Felicia 12:30 BodyPump-Jen 2:00 BodyCombat-Melissa</p>	<p>9</p> <p>6:00 BootCamp-Ed 8:30 BodyCombat-Melissa 9:30 BodyStep-Melissa 10:30 BodyPump-Crystal 12:15 BodyFlow-Crystal</p> <p>4:30 BodyPumpXP-Jen 5:30 BodyStep-Deneen 6:30 BootCamp-John 7:30 Zumba-Nicki</p>	<p>10</p> <p>8:30 Seniorcize-Stacie 9:30 BG&amp;M-Crystal 10:30 PilatesPlus-Carrie 12:15 BodyPump-Stacie</p> <p>4:30 BasicStep-Felicia 5:15 Abs15-Felicia 5:30 BodyPump-Cindy 7:00 LineDancing-Kemel</p>	<p>11</p> <p>6:00 BootCamp-Ed 8:30 BodyPumpXP-Melissa 9:30 BodyStep-Melissa 10:30 BodyFlow-Crystal</p> <p>4:30 BG&amp;M-Jen 5:30 BodyCombat-Patti 6:30 BootCamp-Cindy 7:30 BodyJam-Cindy</p>	<p>12</p> <p>8:30 Seniorcize-Stacie 9:30 BodyCombat-Melissa 10:30 Abs30-Melissa 12:15 BodyPump-Crystal</p> <p>4:30 BodyStep-Jen 5:30 BasicStep-Vangie 6:30 BodyPump-Patti 7:45 LineDancing-Kemel</p>	<p>13</p> <p>6:00 BasicSCT-Vangie 8:30 BodyPumpXP-Stacie 9:30 AdvStep-Melissa 10:30 MC-Melissa</p> <p>4:30 BodyPump-Cindy 6:00 BodyCombat-Patti</p>	<p>14</p> <p>8:30 BodyStep-Stacie 9:30 BodyPump-Patti 11:00 AKB</p>	
<p>15</p> <p>10:30 Zumba-Karla 11:15 Abs15-Karla 11:30 BasicStep-Karla 12:30 BodyPump-Patti 2:00 BodyCombat-Patti</p>	<p>16</p> <p>6:00 BootCamp-Ed 8:30 BodyCombat-Penny 9:30 BodyStep-Melissa 10:30 BodyPump-Melissa 12:15 BodyFlow-Crystal</p> <p>4:30 BodyPumpXP-Jen 5:30 BodyStep-Deneen 6:30 BootCamp-John 7:30 Zumba-Nicki</p>	<p>17</p> <p>8:30 Seniorcize-Stacie 9:30 BG&amp;M-Stacie 10:30 PilatesPlus-Carrie 12:15 BodyPump-Crystal</p> <p>4:30 BasicStep-Felicia 5:15 Abs15-Felicia 5:30 BodyPump-Cindy 7:00 LineDancing-Kemel</p>	<p>18</p> <p>6:00 BootCamp-Ed 8:30 BodyPumpXP-Melissa 9:30 BodyStep-Melissa 10:30 BodyFlow-Crystal</p> <p>4:30 BG&amp;M-Jen 5:30 BodyCombat-Penny 6:30 BootCamp-Stacie 7:30 BodyJam-Michelle</p>	<p>19</p> <p>8:30 Seniorcize-Stacie 9:30 BodyCombat-Penny 10:30 Abs30-Crystal 12:15 BodyPump-Stacie</p> <p>4:30 BodyStep-Deneen 5:30 BasicSCT-Vangie 6:30 BodyPump-Patti 7:45 LineDancing-Kemel</p>	<p>20</p> <p>6:00 BasicStep-Vangie 8:30 BodyPumpXP-Stacie 9:30 AdvStep-Jen 10:30 MC-Jen</p> <p>4:30 BodyPump-Patti 6:00 BodyCombat-Patti</p>	<p>21</p> <p>8:30 BodyStep-Jen 9:30 BodyPump-Melissa 11:00 AKB</p>	
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