



# AUGUST 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 <b>6p – 7p</b> <b>Tactical</b> <b>7:15p – 8:15p</b> <b>Spark</b>	29 <b>6p – 7p</b> <b>Slow Burn</b> 7:15p – 8:15p Rekindle I	30 <b>6p – 7p</b> <b>Spark</b> <b>7:15p – 8:15p</b> <b>Tactical</b>	31 <b>6p – 7p</b> <b>Inferno</b>	1	2 <b>9a – 10a</b> <b>Spark</b>
3	4 <b>6p – 7p</b> <b>Slow Burn</b>	5 <b>6p – 7p</b> <b>Spark</b> <b>7:15p – 8:15p</b> <b>T&amp;T / Rescue</b>	6 <b>6p – 7p</b> <b>Inferno</b>	7 <b>6p – 7p</b> <b>Tactical</b> <b>7:15p – 8:15p</b> <b>Spark</b>	8	9
10	11 <b>6p – 7p</b> <b>Spark</b> <b>7:15p – 8:15p</b> <b>Tactical</b>	12 <b>6p – 7p</b> <b>Inferno</b>	13 <b>6p – 9p</b> <b>IGNITION</b>	14 <b>6p – 7p</b> <b>Slow Burn</b> <b>7:15p – 8:15p</b> <b>Spark</b>	15	16
17	18 <b>6p – 7p</b> <b>Spark</b> <b>7:15p – 8:15p</b> <b>Slow Burn</b>	19 <b>6p – 7p</b> <b>Tactical</b> 7:15p – 8:15p Rekindle I	20 <b>6p – 7p</b> <b>Inferno</b> <b>7:15p – 8:15p</b> <b>T&amp;T / Rescue</b>	21 <b>6p – 7p</b> <b>Spark</b> <b>7:15p – 8:15p</b> <b>Slow Burn</b>	22	23 <b>8a – 10a</b> <b>“B. Y. O. B”</b>
24	25 <b>6p – 7p</b> <b>Tactical</b> <b>7:15p – 8:15p</b> <b>Spark</b>	26 <b>6p – 7p</b> <b>Inferno</b>	27 <b>6p – 7p</b> <b>Spark</b> <b>7:15p – 8:15p</b> <b>Slow Burn</b>	28 <b>6p – 7p</b> <b>Tactical</b>	29	30 <b>8a – 11a</b> <b>IGNITION</b>
31	1 <b>LABOR DAY</b> <b>HOLIDAY</b>	2 <b>6p – 7p</b> <b>Spark</b> 7:15p – 8:15p Rekindle I	3 <b>6p – 7p</b> <b>Slow Burn</b> <b>7:15p – 8:15p</b> <b>T&amp;T / Rescue</b>	4 <b>6p – 7p</b> <b>Tactical</b> <b>7:15p – 8:15p</b> <b>Spark</b>	5	6

**SPARK** – A little less intensity same fat burning blast, the perfect class for those just getting started with kettlebells – Ignition skills level class

**INFERNO** – High intensity combinations of KB & body weight exercises w/focus on fat burning – Ignition skills level class

**TACTICAL** – High Intensity “grinds & ballistic” movements for a complete body blitz – Combustion skills level class

**SLOW BURN** – KB & body weight “grind” exercises w/focus on strength building – Combustion skills level class

**T&T/RESCUE** – abdominal strength session complimented by unique movements sure to remove the stiffness and pain from your joints – No kb exp. req.