



OCTOBER 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 6p – 7p Z Spark 7:15p – 8:15p Rekindle I Z	30 6p – 7p B Slow Burn	1 No Class	2 6p – 7p H Spark 7:15p – 8:15p Tactical Z	3	4
5	6 6p – 7p H Spark 7:15p – 8:15p B Slow Burn	7 6p – 7p H Inferno	8 6p – 7p H Spark 7:15p – 8:15p H T&T / Rescue	9 6p – 7p B Tactical	10	11
12	13 6p – 7p H Spark 7:15p – 8:15p Tactical Z	14 6p – 7p H Slow Burn 7:15p – 8:15p H T&T / Rescue	15 6p – 7p B Inferno	16 6p – 7p B Slow Burn 7:15p – 8:15p H Spark	17	18 9a – 10a M Inferno 10a – 1p IGNITION
19	20 6p – 7p H Spark 7:15p – 8:15p Z Slow Burn	21 6p – 7p JJ Inferno 7:15p – 8:15p B Rekindle	22 6p – 7p Z Tactical 7:15p – 8:15p Z T&T / Rescue	23 6p – 7p H Spark 7:15p – 8:15p B Slow Burn	24	25 9a-12p Walk Like MADD 11a – 1p "B. Y. O. B" Civic Plaza
26	27 6p – 7p H Spark 7:15p – 8:15p Z Slow Burn	28 6p – 7p JJ Tactical 7:15p – 8:15p Z T&T / Rescue	29 6p – 7p B Slow Burn 7:15p – 8:15p Z Spark	30 6p – 7p H Inferno	31	1

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.