



SEPTEMBER 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 <i>Labor Day Observed</i>	2 6p – 7p Spark 7:15p – 8:15p Rekindle I	3 6p – 7p Slow Burn 7:15p – 8:15p T&T / Rescue	4 6p – 7p Tactical 7:15p – 8:15p Spark	5	6
7	8 6p – 7p Spark 7:15p – 8:15p Slow Burn	9 6p – 7p Tactical	10 6p – 7p Inferno 7:15p – 8:15p Slow Burn	11 6p – 7p Spark 7:15p – 8:15p T&T / Rescue	12	13 9a – 10a Inferno
14	15 6p – 7p Spark	16 6p – 7p Inferno	17 6p – 7p Slow Burn 7:15p – 8:15p Spark	18 6p – 7p Tactical 7:15p – 8:15p T&T / Rescue	19	20 9a – 11a "B. Y. O. B"
21	22 6p – 7p Spark 7:15p – 8:15p Slow Burn	23 6p – 7p Tactical 7:15p – 8:15p T&T / Rescue	24 6p – 7p Inferno	25 6p – 7p Slow Burn 7:15p – 8:15p Spark	26	27 8a – 11a IGNITION
28	29 6p – 7p Spark 7:15p – 8:15p Rekindle I	30 6p – 7p Slow Burn	1 no class	2 6p – 7p Spark 7:15p – 8:15p Tactical	3	4

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.