



Introducing Sizzlin with Sharon!!

S	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Royal = Sports Training (Age 12-17)</i>	<i>Black = Adult Class (Age 12+)</i>	<i>Red = Fit N Fun (Ages 6-11)</i>	<i>Purple - Childcare \$4 (Age 3-11)</i>		<i>Orange - Sizzlin</i>
1	<p>2 It's Our Birthday!!! FREE FITNESS 9-12Pp - AGES 6+ 9-9:30 Cardio Power & Youth Sports 9:30-10 Legs & Kids Fit N Fun 10-10:30 Abs & Youth Sports 10:30-11 Tabata & Kids Fit N Fun 11-12 Sizzle Mashup & Childcare GYM CLOSSES AT 1P</p>	<p>3</p> <p>6:30p Childcare 6:30p BEAST!! 6:30p Youth Sports Performance</p>	<p>4 5-5:40a Wake Up with Woodall's</p> <p>12-12:40p SLUGFEST!!</p> <p>6-6:30p Fit N Fun (Ages 6-11) 6-6:30p AB ATTACK!! 6:30p Childcare 6:30p BOOTCAMP!! 6:30 SIZZLE!!!</p>	<p>5</p> <p>9a TNT!!</p> <p>6:30-8p Childcare 6:30p TABATA!!! 6:30p Youth Sports Performance 7:30-8p Stretch and Restore!!</p>	<p>6</p> <p>12-12:40p SLUGFEST!!</p>	<p>7</p> <p>8:30-10a Childcare (Ages 3-6) 8:30-9 AB BLAST!! 9a Fit N Fun (ages 6+) 9a SIZZLE MASHUP!</p>
8	<p>9 5-5:40a Wake Up w/Woodall's</p> <p>6-6:30p Fit N Fun (Ages 6-11) 6-6:30p AB ATTACK!! 6:30p Childcare 6:30p BOXING!! 6:30 ZUMBA!!!</p>	<p>10</p> <p>6:30p Childcare 6:30p BEAST!! 6:30p Youth Sports Performance</p>	<p>11 5-5:40a Wake Up with Woodall's</p> <p>12-12:40p SLUGFEST!!</p> <p>6-6:30p Fit N Fun (Ages 6-11) 6-6:30p AB ATTACK!! 6:30p Childcare 6:30p BOOTCAMP!! 6:30 SIZZLE!!!</p>	<p>12</p> <p>9a TNT!!</p> <p>6:30-8p Childcare 6:30p TABATA!!! 6:30p Youth Sports Performance 7:30-8p Stretch and Restore!!</p>	<p>13</p> <p>12-12:40p SLUGFEST!!</p>	<p>14</p> <p>8:30-10a Childcare (Ages 3-6) 8:30-9 AB BLAST!! 9a Fit N Fun (ages 6+) 9a SIZZLE MASHUP!</p>
15	<p>16 5-5:40a Wake Up w/ Woodall's</p> <p>6-6:30p Fit N Fun (Ages 6-11) 6-6:30p AB ATTACK!! 6:30p Childcare 6:30p BOXING!! 6:30 ZUMBA!!!</p>	<p>17</p> <p>6:30p Childcare 6:30p BEAST!! 6:30p Youth Sports Performance</p>	<p>18 5-5:40a Wake Up with Woodall's</p> <p>12-12:40p SLUGFEST!!</p> <p>6-6:30p Fit N Fun (Ages 6-11) 6-6:30p AB ATTACK!! 6:30p Childcare 6:30p BOOTCAMP!! 6:30 SIZZLE!!!</p>	<p>19</p> <p>9a TNT!!</p> <p>6:30-8p Childcare 6:30p TABATA!!! 6:30p Youth Sports Performance 7:30-8p Stretch and Restore!!</p>	<p>20</p> <p>12-12:40p SLUGFEST!!</p>	<p>21</p> <p>8:30-10a Childcare (Ages 3-6) 8:30-9 AB BLAST!! 9a Fit N Fun (ages 6+) 9a SIZZLE MASHUP!</p>
22	<p>23/30 5-5:40a Wake Up w/Woodall's</p> <p>6-6:30p Fit N Fun (Ages 6-11) 6-6:30p AB ATTACK!! 6:30p Childcare 6:30p BOXING!! 6:30 ZUMBA!!!</p>	<p>24</p> <p>6:30p Childcare 6:30p BEAST!! 6:30p Youth Sports Performance</p>	<p>25 5-5:40a Wake Up with Woodall's</p> <p>12-12:40p SLUGFEST!!</p> <p>6-6:30p Fit N Fun (Ages 6-11) 6-6:30p AB ATTACK!! 6:30p Childcare 6:30p BOOTCAMP!! 6:30 SIZZLE!!!</p>	<p>26</p> <p>9a TNT!!</p> <p>6:30-8p Childcare 6:30p TABATA!!! 6:30p Youth Sports Performance 7:30-8p Stretch and Restore!!</p>	<p>27</p> <p>12-12:40p SLUGFEST!!</p>	<p>28</p> <p>8:30-10a Childcare (Ages 3-6) 8:30-9 AB BLAST!! 9a Fit N Fun (ages 6+) 9a SIZZLE MASHUP!</p>