



DROP-IN CLASS SCHEDULE

Summer 2009
May 18th to August 13th

TIME	MON	TUE	WED	THU	FRI	SAT
12:00 PM	Reformer LR-9 CrossFit Gym B	Yoga M-1 Cycle Fusion 224C	Reformer LR-9 CrossFit Gym B	Yoga M-1 Cycle Fusion 224C	Reformer LR-9	
5:00 PM		Heighten & Tighten 224B		Heighten & Tighten 224B		
5:30 PM	Yoga M-1	Reformer LR-9 CrossFit Gym B	Yoga M-1	Reformer LR-9 CrossFit Gym B	CrossFit Gym B	

You must sign up for all Drop-In classes to participate.
Please see the Drop-In policy for further information.