

Aug. 10

FIRST BAPTIST CHRISTIAN RECREATION CENTER

SUNDAY CLOSED	MONDAY 6a-1p, 6p-9p	TUESDAY 6a-6p	WEDNESDAY 6a-1p	THURSDAY 6a-1p, 6p-9p	FRIDAY 6a-6p	SATURDAY 9a-1p
1	2 KICKBOXING 6:30 BASIC STEP 7:30pm	3 BOOTCAMP 5:30PM	4	5 BOOTCAMP 5:30pm ADV. STEP/TONING 6:00pm BASIC STEP 7:30pm	6	7 BOOTCAMP 8:15AM BASIC STEP 9:30AM
8	9 KICKBOXING 6:30pm BASIC STEP 7:30pm	10 BOOTCAMP 5:30PM	11 * BODY RECALL 11:00am	12 BOOTCAMP 5:30pm ADV. STEP/TONING 6:00p BASIC STEP 7:30pm	13 BODY RECALL 11:00am	14 BOOTCAMP 8:15AM BASIC STEP 9:30AM
15	16 KICKBOXING 6:30pm BASIC STEP 7:30pm	17 BOOTCAMP 5:30PM BODYRECALL 11:00am * CLOSING 2:00pm * *ALL STAFF ON RETREAT	18 BODY RECALL 11:00AM	19 BOOTCAMP 5:30pm * ZUMBA 6:00pm BASIC STEP 7:30pm	20 BODY RECALL 11:00am	21 BOOTCAMP 8:15AM * CLOSED *
22	23 KICKBOXING 6:30pm BASIC STEP 7:30pm	24 BODYRECALL 11:00am BOOTCAMP 5:30PM ADV. STEP/ TONING → FALL/WINTER HRS	25 BODY RECALL 11:00a	26 BOOTCAMP 5:30pm * ZUMBA 6:00pm BASIC STEP 7:30pm	27 BODY RECALL 11:00am	28 BOOTCAMP 8:15am BASIC STEP 9:30am
29	30 KICKBOXING 6:30pm TODAY'S HRS: 6-1p 6-9p BASIC STEP 7:30pm	31 BOOTCAMP 5:30pm ADV. STEP/TONING 6:00pm				

* KICKBOXING WILL CONTINUE TO BE @ 6:30pm MONDAYS THRU AUGUST.

* ADV. STEP/TONING WILL BE ON TUE. INSTEAD OF THUR. BEGINNING AUGUST 24th.

* CLOSING @ 2pm ON AUGUST 17th (STAFF RETREAT)

* CLOSED AUGUST 21st

* BODYRECALL RESUMES AUGUST 11th

* KELLY BURTON'S ZUMBA CLASS RESUMES THUR. 8/19 @ 6:00pm.

* FALL/WINTER HRS. RESUME TUE. AUG. 24th

(ON BACK OF CALENDAR)