

September 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|---|---|
| <p>Trinity Gym Hours: Mon-Fri. 7am-12pm, 4pm-8pm</p> <p>Saturday 8am-1pm Sunday 10a-11am www.trinitybody.com</p> | | | <p>1</p> <p>7:30-8:30am Kickboxing</p> <p>6-7pm Kickboxing 7-8:30pm AYP?week 1</p> | <p>2</p> <p>7:30-8:30am Pwr Yoga</p> <p>6:30-7pm Bodysculpt</p> <p>7-8pm Kickboxing</p> | <p>3</p> <p>7:30-8:30am Kickboxing</p> <p>6:30-7:30pm Kickboxing</p> | <p>4</p> <p>CLOSED FOR LABOR DAY WEEKEND!</p> |
| <p>5</p> <p>CLOSED FOR LABOR DAY WEEKEND!</p> | <p>6</p> <p>CLOSED FOR LABOR DAY WEEKEND!</p> | <p>7</p> <p>7:30-8:30am Pwr Yoga</p> <p>6-7pm Cardio KB 6:30-7pm Bodysculpt 7-8pm Kickboxing</p> | <p>8</p> <p>7:30-8:30am Kickboxing</p> <p>6-7pm Kickboxing 7-8:30pm AYP?week 2</p> | <p>9</p> <p>7:30-8:30am Pwr Yoga</p> <p>6:30-7pm Bodysculpt</p> <p>7-8pm Kickboxing</p> | <p>10</p> <p>7:30-8:30am Kickboxing</p> <p>6:30-7:30pm Kickboxing</p> | <p>11</p> <p>9-10 Cardio KB 9-11:30am TKD Team 10-11:30am Kickboxing 12-1pm Yoga 1-2:30ppm Drum Circle</p> |
| <p>12</p> <p>10-11am Yoga</p> | <p>13</p> <p>7:30-8:30am Kickboxing</p> <p>6:30-7:30pm Kickboxing 8:00-9:00pm TAKE 21</p> | <p>14</p> <p>7:30-8:30am Pwr Yoga</p> <p>6-7pm Cardio KB 6:30-7pm Bodysculpt 7-8pm Kickboxing</p> | <p>15</p> <p>7:30-8:30am Kickboxing</p> <p>6-7pm Kickboxing 7-8:30pm AYP?week 3</p> | <p>16</p> <p>7:30-8:30am Pwr Yoga</p> <p>6:30-7pm Bodysculpt</p> <p>7-8pm Kickboxing</p> | <p>17</p> <p>7:30-8:30am Kickboxing</p> <p>6:30-7:30pm Kickboxing</p> | <p>18</p> <p>9-10 Cardio KB 9-11:30am TKD Team 10-11:30am Kickboxing 12-1pm Yoga 1-2:30ppm Drum Circle</p> |
| <p>19</p> <p>10-11am Yoga</p> | <p>20</p> <p>7:30-8:30am Kickboxing</p> <p>6:30-7:30pm Kickboxing 8:00-9:00pm TAKE 21</p> | <p>21</p> <p>7:30-8:30am Pwr Yoga</p> <p>6-7pm Cardio KB 6:30-7pm Bodysculpt 7-8pm Kickboxing</p> | <p>22</p> <p>7:30-8:30am Kickboxing</p> <p>6-7pm Kickboxing 7-8:30pm AYP?week 4</p> | <p>23</p> <p>7:30-8:30am Pwr Yoga</p> <p>6:30-7pm Bodysculpt</p> <p>7-8pm Kickboxing</p> | <p>24</p> <p>7:30-8:30am Kickboxing</p> <p>6:30-7:30pm Kickboxing</p> | <p>25</p> <p>9-10 Cardio KB 9-11:30am TKD Team 10-11:30am Kickboxing 12-1pm Yoga 1-2:30ppm Drum Circle</p> |
| <p>26</p> <p>10-11am Yoga</p> | <p>27</p> <p>7:30-8:30am Kickboxing</p> <p>6:30-7:30pm Kickboxing 8:00-9:00pm TAKE 21</p> | <p>28</p> <p>7:30-8:30am Pwr Yoga</p> <p>6-7pm Cardio KB 6:30-7pm Bodysculpt 7-8pm Kickboxing</p> | <p>29</p> <p>7:30-8:30am Kickboxing</p> <p>6-7pm Kickboxing 7-8:30pm AYP?week 5</p> | <p>30</p> <p>7:30-8:30am Pwr Yoga</p> <p>6:30-7pm Bodysculpt</p> <p>7-8pm Kickboxing</p> | | |