




Kids in Motion 6-12 March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>5:30 Jump Rope - Lori</u> 6:30 Hip Hop - Brittany	2 <u>5:15 Boot Camp - Lori</u> 6:15 Karate(7-12) - Chris	3 <u>9:15 Retro P.E. - Lori</u>	4 9:30 H.E.A.T-Lori <u>5:30 Karate(7-12) - Chris</u> 6:15 Adv.Karate** - Chris 6:30 Yoga - Lori	5 <u>9:15 Bolt - Lori</u>	6 10:00 Pre-Soccer* - Christine
7	8 <u>5:30 Jump Rope - Lori</u> 6:30 Hip Hop - Brittany	9 <u>5:15 Boot Camp - Lori</u> 6:15 Karate(7-12) - Chris	10 <u>9:15 Retro P.E. - Lori</u>	11 9:30 H.E.A.T-Lori <u>5:30 Karate(7-12) - Chris</u> 6:15 Adv.Karate** - Chris 6:30 Yoga - Lori	12 <u>9:15 Bolt - Lori</u> PNO 6-10pm	13 10:00 Pre-Soccer* - Christine
14 <div style="border: 1px solid black; padding: 2px; width: fit-content;">Underlined Classes will be held in Gym All other classes held in KIM room</div>	15 <u>6:15 Scooter Races</u>	16 <u>6:15 Kickball</u>	17 <u>9:15 Retro P.E. - Lori</u>	18 9:30 H.E.A.T-Lori <u>5:30 Karate(7-12) - Chris</u> 6:15 Adv.Karate** - Chris 6:30 Yoga - Lori	19 <u>9:15 Bolt - Lori</u>	20 10:00 Pre-Soccer* - Christine
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28 	29 <u>5:30 Jump Rope - Lori</u> 6:30 Hip Hop - Brittany	30 <u>5:15 Boot Camp - Lori</u> 6:15 Karate(7-12) - Chris	31 <u>9:15 Retro P.E. - Lori</u>	National Fitness Center 750 Briarcliff Ave Oak Ridge, TN 37830 Contact: Chanda Knight 483-6868 chandaknight@nfc1.com		