



Kids In Motion 6-12 yrs - February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>5:30 Jump Rope - Lori</u> 6:30 Hip Hop - Brittany	2 <u>9:15 Retro P.E- Lori</u> <u>5:15 Boot Camp - Lori</u> <u>6:15 Karate(7-12) - Chris</u>	3	4 9:30 H.E.A.T-Lori <u>5:30 Karate(7-12) - Chris</u> <u>6:15 Adv.Karate** - Chris</u> 6:30 Yoga - Lori	5 <u>9:15 Bolt - Lori</u>	6 10:00 Pre-Soccer*- <u>Christine</u>
7 <div style="border: 1px solid black; padding: 5px;">Underlined Classes will be held in Gym All other classes held in KIM room</div>	8 <u>5:30 Jump Rope - Lori</u> 6:30 Hip Hop - Brittany	9 <u>9:15 Retro P.E- Lori</u> <u>5:15 Boot Camp - Lori</u> <u>6:15 Karate(7-12) - Chris</u>	10	11 9:30 H.E.A.T-Lori <u>5:30 Karate(7-12) - Chris</u> <u>6:15 Adv.Karate** - Chris</u> 6:30 Yoga - Lori	12 <u>9:15 Bolt - Lori</u> PNO 6-10pm	13 10:00 Pre-Soccer*- <u>Christine</u>
14 	15 <u>5:30 Jump Rope - Lori</u> 6:30 Hip Hop - Brittany	16 <u>9:15 Retro P.E- Lori</u> <u>5:15 Boot Camp - Lori</u> <u>6:15 Karate(7-12) - Chris</u>	17	18 9:30 H.E.A.T-Lori <u>5:30 Karate(7-12) - Chris</u> <u>6:15 Adv.Karate** - Chris</u> 6:30 Yoga - Lori	19 <u>9:15 Bolt - Lori</u>	20 10:00 Pre-Soccer*- <u>Christine</u>
	22 <u>5:30 Jump Rope - Lori</u> 6:30 Hip Hop - Brittany	23 <u>9:15 Retro P.E- Lori</u> <u>5:15 Boot Camp - Lori</u> <u>6:15 Karate(7-12) - Chris</u>	24	25 9:30 H.E.A.T-Lori <u>5:30 Karate(7-12) - Chris</u> <u>6:15 Adv.Karate** - Chris</u> 6:30 Yoga - Lori	26 <u>9:15 Bolt - Lori</u> PNO 6-10pm	27 NO SOCCER!!
<i>Parents Night Out / Valentine's Day Special</i> 2 nights for the price of 1! February 12th AND 26th! 6wks to 12 yrs \$15 per child				National Fitness Center 750 Briarcliff Ave Oak Ridge, TN 37830 Contact: Chanda Knight 483-6868 chandaknight@nfc1.com		