

TRAINING SPACES CLASSES HELD AT THE WAYNE BOYS AND GIRLS CLUB
153 GARSIDE AVE: PLEASE CALL 973 628-1905 FOR INFORMATION

January 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 BODY SCULPTING 9:00-10:15	2	3 CARDIO INTERVAL 9:00-10:15	4	5 CARDIO DANCE PUMP 9:00-10:00	6	7
8 BODY SCULPTING 9:00-10:15	9	10 KICKIN' BUTT & ABS 9:00-10:15	11	12 CARDIO INTERVAL 9:00-10:00	13	14
15 NO CLASS	16	17 CARDIO DANCE PUMP 9:00-10:15	18	19 KICKIN' BUTT & ABS 9:00-10:00	20	21
22 BODY SCULPTING 9:00-10:15	23	24 CARDIO INTERVAL 9:00-10:15	25	26 CARDIO DANCE PUMP 9:00-10:00	27	28

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March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3 KICKIN' BUTT & ABS 9:00-10:15	4	5 NO CLASSS	6	7
8 NO CLASS	9	10 NO CLASS	11	12 CARDIO INTERVAL 9:00-10:00	13	14
15 BODY SCULPTING 9:00-10:15	16	17 CARDIO DANCE PUMP 9:00-10:15	18	19 KICKIN' BUTT & ABS 9:00-10:00	20	21
22 BODY SCULPTING 9:00-10:15	23	24 CARDIO INTERVAL 9:00-10:15	25	26 CARDIO DANCE PUMP 9:00-10:00	27	28
29 NO CLASS	30 BETTER BONES SPECIAL CLASS 9:00-10:00	31 KICKIN' BUTT & ABS 9:00-10:15				

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April 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 BETTER BONES SPECIAL CLASS 9:00-10:00	2 CARDIO INTERVAL 9:00-10:00	3	4
5 BODY SCULPTING 9:00-10:15	6 BETTER BONES SPECIAL CLASS 9:00-10:00	7 CARDIO DANCE PUMP 9:00-10:15	8 BETTER BONES SPECIAL CLASS 9:00-10:00	9 KICKIN' BUTT & ABS 9:00-10:00	10	11
12 BODY SCULPTING 9:00-10:15	13	14 CARDIO INTERVAL 9:00-10:15	15	16 CARDIO DANCE PUMP 9:00-10:00	17	18
19 BODY SCULPTING 9:00-10:15	20	21 KICKIN' BUTT & ABS 9:00-10:15	22	23 CARDIO INTERVAL 9:00-10:00	24	25
26 BODY SCULPTING 9:00-10:15	27	28 CARDIO DANCE PUMP 9:00-10:15	29	30 KICKIN' BUTT & ABS 9:00-10:00		

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May 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 BODY SCULPTING 9:00-10:15	4	5 CARDIO INTERVAL 9:00-10:15	6	7 CARDIO DANCE PUMP 9:00-10:00	8	9
10 BODY SCULPTING 9:00-10:15	11	12 KICKIN' BUTT & ABS 9:00-10:15	13	14 CARDIO INTERVAL 9:00-10:00	15	16
17 BODY SCULPTING 9:00-10:15	18	19 CARDIO DANCE PUMP 9:00-10:15	20	21 KICKIN' BUTT & ABS 9:00-10:00	22	23
24 BODY SCULPTING 9:00-10:15	25	26 CARDIO INTERVAL 9:00-10:15	27	28 CARDIO DANCE PUMP 9:00-10:00	29	30
31 NO CLASS MEMORIAL DAY						

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June 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2 BODY SCULPTING 9:00-10:15	3	4 KICKIN' BUTT & ABS 9:00-10:00	5	6
	8	9 BODY SCULPTING 9:00-10:15	10	11 CARDIO INTERVAL 9:00-10:00	12	13
14 BODY SCULPTING 9:00-10:15	15	16 CARDIO DANCE PUMP 9:00-10:15	17	18 KICKIN' BUTT & ABS 9:00-10:00	19	20
21 BODY SCULPTING 9:00-10:15	22	23 CARDIO INTERVAL 9:00-10:15	24	25 CARDIO DANCE PUMP 9:00-10:00	26	27
28 NO CLASS	29	30 NO CLASS		NO CLASS		

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July 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 NO CLASS	3	4
5 NO CLASS CLUB CLOSED FOR 4TH OF JULY HOLIDAY	6	7 BODY SCULPTING 8:00-9:00	8	9 NO CLASS	10	11
12 BODY SCULPTING 8:00-9:00	13	14 CARDIO INTERVAL 8:00-9:00	15	16 NO CLASS	17	18
19 BODY SCULPTING 8:00-9:00	20	21 KICKIN' BUTT & ABS 8:00-9:00	22	23 NO CLASS	24	25
26 BODY SCULPTING 8:00-9:00	27	28 CARDIO DANCE PUMP 8:00-9:00	29	30 NO CLASS	31	

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August 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 BODY SCULPTING 8:00-9:00	3	4 CARDIO INTERVAL 8:00-9:00	5	6 NO CLASS	7	8
9 KICKIN' BUTT & ABS 8:00-9:00	10	11 CARDIO DANCE PUMP 8:00-9:00	12	13 NO CLASS	14	15
16 BODY SCULPTING 8:00-9:00	17	18 CARDIO INTERVAL 8:00-9:00	19	20 NO CLASS	21	22
23 KICKIN' BUTT & ABS 8:00-9:00	24	25 CARDIO DANCE PUMP 8:00-9:00	26	27 NO CLASS	28	29
30	31 NO	CLASSES	UNTIL	SEPT.	<u>14TH</u> BACK TO 9:00 M-W-F	ENJOY THE REST OF YOUR SUMMER!!!

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September 2010

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		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
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27	28	29	30			

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October 2010

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November 2010

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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December 2010

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		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		