



Activities - July 2010

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				1 Workout with Carolyn 8:30-9:30 am Personal Training Class with Vernon 6-7 pm	2 Personal Training Class with Vernon 9-10 am	3 Personal Training Class with Vernon 10-11am
4 Personal Training Class with Vernon 10-11 am Happy 4th of July!!! Courtside Open 8am -12noon	5 Personal Training Class with Vernon 9-10 am Personal Training Class with Vernon 5-6 pm Holiday hours: 9am-6pm	6 Workout with Carolyn 8:30-9:30 am Personal Training Class with Vernon 6-7 pm	7 Personal Training Class with Vernon 9-10 am Personal Training Class with Vernon 6-7 pm	8 Workout with Carolyn 8:30-9:30 am Personal Training Class with Vernon 6-7 pm	9 Personal Training Class with Vernon 9-10 am	10 Personal Training Class with Vernon 10-11am
11 Personal Training Class with Vernon 10-11 am	12 Personal Training Class with Vernon 9-10 am Personal Training Class with Vernon 6-7 pm	13 Workout with Carolyn 8:30-9:30am Personal Training Class with Vernon 6-7 pm	14 Personal Training Class with Vernon 9-10 am Personal Training Class with Vernon 6-7 pm	15 Workout with Carolyn 8:30-9:30 am Personal Training Class with Vernon 6-7 pm	16 Personal Training Class with Vernon 9-10 am	17 Personal Training Class with Vernon 10-11am
18 Personal Training Class with Vernon 10-11 am	19 Personal Training Class with Vernon 9-10 am Personal Training Class with Vernon 6-7 pm	20 Workout with Carolyn 8:30-9:30 am Personal Training Class with Vernon 6-7 pm	21 Personal Training Class with Vernon 9-10 am Personal Training Class with Vernon 6-7 pm	22 Workout with Carolyn 8:30-9:30 am Personal Training Class with Vernon 6-7 pm	23 Personal Training Class with Vernon 9-10 am	24 Personal Training Class with Vernon 10-11am
25 Personal Training Class with Vernon 10-11 am	26 Personal Training Class with Vernon 9-10 am Personal Training Class with Vernon 6-7 pm	27 Workout with Carolyn 8:30-9:30 am Personal Training Class with Vernon 6-7 pm	28 Personal Training Class with Vernon 9-10 am Personal Training Class with Vernon 6-7 pm	29 Workout with Carolyn 8:30-9:30 am Personal Training Class with Vernon 6-7 pm	30 Personal Training Class with Vernon 9-10 am	31 Personal Training Class with Vernon 10-11am