

# September

2009

## Take Action Class Schedule

To Register call Jeanna at 314-308-4075

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 10:00 am – Lift Class	8 6:00 pm –Sculpt & Stretch	9 10:00 am – Pilates Mat	10 6:00 pm –Lift Class	11	12
13	14 10:00 am – Lift Class	15 6:00 pm –Sculpt & Stretch	16 10:00 am – Pilates Mat	17 6:00 pm –Lift Class	18	19
20	21 10:00 am – Lift Class	22 6:00 pm –Sculpt & Stretch	23 10:00 am – Pilates Mat	24 6:00 pm –Lift Class	25	26
25	26 10:00 am – Lift Class	27 6:00 pm –Sculpt & Stretch	28 10:00 am – Pilates Mat	29 6:00 pm –Lift Class	30	31
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