

September 2019-Customers

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 8.30am-F 4.30pm-S	2 5.45am-F 9.00am- DM 10.00- S30 4.00pm-S45 5.00pm-DM 6.00pm- FF <i>6.00pm- S60- Cooroy</i>	3 5.45am-DM 8.30am-S30 9.00am-DM 3.30pm-JJ 5.15pm S30 6.00pm-F	4 5.45am- BA 9.00am- S60 10.00am-E 3.30pm-TD 5.00pm- S 6.00pm- S60 <i>6.00pm- S- Cooroy</i>	5 5.45am-IF 8.30am-S30 9.00am-IDM 4.00pm-F 5.00pm- S45 6.00pm- DM <i>6.00pm- DM -Cooroy</i>	6 5.45am- DM 9.00am-IDM 10.00am- S30 4.45pm-BA 5.30pm-DM	7 7.15am-S30 8.00am -DM
8 Dance Boot Camp 7.00am- 10.00am BBQ after class No afternoon classes	9 5.45am-S 9.00am- IDM 10.00- S30 4.00pm-S45 5.00pm-DM 6.00pm- IF- Strike Focus <i>6.00pm- S60- Cooroy</i>	10 5.45am-DM 8.30am-S30 9.00am-DM 3.30pm-JJ 5.15pm S30 6.00pm-DM	11 5.45am- BA 9.00am- S60 10.00am-E-Strike 3.30pm-TD 5.00pm- DM 6.00pm- S60 <i>6.00pm- DM- Cooroy</i>	12 5.45am-IDM 8.30am-S30 9.00am-S 4.00pm-DM 5.00pm- S45 6.00pm- IDM <i>6.00pm- S -Cooroy</i>	13 5.45am- F 9.00am-DM 10.00am- S30 4.45pm-BA 5.30pm-IDM	14 Open Day at Cooroy Free Clases 9.00am- 10.30am 7.15am-S30 8.00am -IDM
15 New Barre Class 7.30am-BA 8.30am-DM 4.30pm-F	16 5.45am-F 9.00am- IDM 10.00- S30 4.00pm-S45 5.00pm-DM 6.00pm- FF <i>6.00pm- S60- Cooroy</i>	17 5.45am-IDM 8.30am-S30 9.00am-S 3.30pm-JJ 5.15pm S30 6.00pm-IDM	18 5.45am- BA 9.00am- S60 10.00am-E 3.30pm-TD 5.00pm- S 6.00pm- S60 <i>6.00pm- IDM- Cooroy</i>	19 5.45am-DM 8.30am-S30 9.00am-IDM 4.00pm-F 5.00pm- S45 6.00pm- DM <i>6.00pm- No Class -Cooroy</i>	20 Last day of School. 5.45am- IF 9.00am-IDM 10.00am- S30 4.45pm-BA 5.30pm-F	21 7.15am-S30 8.00am -S
22 7.30am-BA 8.30am-IDM 4.30pm-IF	23 5.45am-DM 9.00am- S 10.00- S30 4.00pm-S45 5.00pm-DM 6.00pm- IF <i>6.00pm- S60- Cooroy</i>	24 5.45am-DM 8.30am-S30 9.00am-DM 5.15pm S30 6.00pm-IF	25 5.45am- BA 9.00am- S60 10.00am-E-Strike 5.00pm- S 6.00pm- S60 <i>6.00pm- IF- Cooroy- No Classes</i>	26 5.45am-IF 8.30am-S30 9.00am-DM 4.00pm-DM 5.00pm- S45 6.00pm- DM <i>6.00pm- DM -Cooroy</i>	27 5.45am-FF 9.00am-S 10.00am- S30 4.45pm-BA 5.30pm-FF	28 7.15am-S30 8.00am -DM 8.00am- Cooroy Special Class
29 Lorna Jane National Active Day 7.30am-BA 8.30am-S 4.30pm-DM	30 5.45am-FF 9.00am- S 10.00- S30 4.00pm-S45 5.00pm-DM 6.00pm- FF-Strike Focus <i>6.00pm- S60- Cooroy</i>	<u>Class Formats</u> DM-Dance Mixx, IDM-Interval Dance Mixx. IF-Interval Fusion, S- Strike, F- Fusion ,FF- Flip Fusion, S30, S45 or S60, Strength classes, Exp-Express- 30 mins & SE Strike Express, BA- Barre Attack. JJ-Junior Jazzercise 4-11yrs TD-Team Dance -12yrs				