


New Classes 6th August Tues & Thurs -8.30am S30

August 2019- Customer

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<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			1 5.45am-IDM 9.00am-F 4.00pm-DM 5.00pm- S45 6.00pm- DM <i>6.00pm- IDM Cooroy</i>	2 5.45am- IDM 9.00am-DM 10.00am- S30 4.45pm-BA 5.30pm-F	3 7.15am-S30 8.00am -DM
	4 8.30am-DM 4.30pm-IF	5 Challenge Starts 5.45am-F 9.00am- IDM 10.00- S30 4.00pm-S45 5.00pm-DM 6.00pm- S60 <i>6.00pm- S60- Cooroy</i>	6 5.45am-DM 8.30am-S30 9.00am-F <i>3.30pm-JJ</i> 5.15pm S30 6.00pm-DM	7 5.45am- BA 8.30am- S60 10.00am- E 5.00pm-DM 6.00pm- S60 <i>6.00pm- DM- Cooroy</i>	8 5.45am-F 8.30am-S 9.00am-DM 4.00pm-DM 5.00pm- S45 6.00pm- F <i>6.00pm- IDM Cooroy</i>	9 5.45am- DM 9.00am-F 10.00am- S30 4.45pm-BA 5.30pm-DM
11 8.30am-F 4.30pm-S	12 5.45am-F 9.00am- IDM 10.00- S30 4.00pm-S45 5.00pm-DM 6.00pm- FF <i>6.00pm- S60- Cooroy</i>	13 5.45am-DM 8.30am-S30 9.00am-DM <i>3.30pm-JJ</i> 5.15pm S30 6.00pm-F	14 5.45am- BA 8.30am- S60 10.00am-E <i>3.30pm-TD</i> 5.00pm- S 6.00pm- S60 <i>6.00pm- S- Cooroy</i>	15 5.45am-IF 8.30am-S30 9.00am-IDM 4.00pm-F 5.00pm- S45 6.00pm- DM <i>6.00pm- No Cooroy Class</i>	16 5.45am- DM 9.00am-IDM 10.00am- S30 4.45pm-BA 5.30pm-DM	17 7.15am-S30 8.00am -S
18 8.30am-DM 4.30pm-F	19 5.45am-F 9.00am- IDM 10.00- S30 4.00pm-S45 5.00pm-DM 6.00pm-S60 <i>6.00pm- S60- Cooroy</i>	20 5.45am-DM 8.30am-S30 9.00am-IF <i>3.30pm-JJ</i> 5.15pm S30 6.00pm-DM	21 5.45am- BA 9.00am- S60 10.00am-E <i>3.30pm-TD</i> 5.00pm-IDM 6.00pm- S60 <i>6.00pm- DM- Cooroy</i>	22 5.45am-IDM 8.30am-S30 9.00am-S 4.00pm-DM 5.00pm- S45 6.00pm- S <i>6.00pm- No Cooroy Class</i>	23 5.45am- DM 9.00am-DM 10.00am- S30 4.45pm-BA 5.30pm-DM	24 7.15am-S30 8.00am -F
25 8.30am-S 4.30pm-DM	26 5.45am-F 9.00am- IDM 10.00- S30 4.00pm-S45 5.00pm-DM 6.00pm- IF-Strike Focus <i>6.00pm- S60- Cooroy</i>	27 5.45am-DM 8.30am-S30 9.00am-DM <i>3.30pm-JJ</i> 5.15pm S30 6.00pm-IDM	28 5.45am- BA 9.00am- S60 10.00am-E <i>3.30pm-TD</i> 5.00pm-DM 6.00pm- S60 <i>6.00pm- S Cooroy</i>	29 5.45am-IF 8.30am-S30 9.00am-IDM 4.00pm-F 5.00pm- S45 6.00pm- DM <i>6.00pm- IDM Cooroy</i>	30 5.45am- DM 9.00am-IDM 10.00am- S30 4.45pm-BA 5.30pm-DM	31 7.15am-S30 8.00am -DM Coffee After class @ Small Change Coffee shop.