

# October 2019-Customers Copy

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 5.45am-DM 8.30am-S30 9.00am-S  5.15pm S30 6.00pm-DM	<b>2</b> 5.45am- BA 9.00am- S60 10.00am-E-Stike  5.00pm- IDM 6.00pm- S60 <i>6.00pm- DM- Cooroy</i>	<b>3</b> 5.45am-IF 8.30am-S30 9.00am-DM  4.00pm-F 5.00pm- S45 6.00pm- IDM <i>6.00pm- IF -Cooroy</i>	<b>4</b> 5.45am- F 9.00am-DM 10.00am- S30  4.45pm-BA No Class 5.30pm-IDM	<b>5</b> 7.15am-S30 8.00am -IDM
<b>6</b> 7.30am-BA 8.30am-F  4.30pm-DM	<b>7</b> Public Holiday 9.00am- IDM  4.00pm-S45 5.00pm-DM <i>6.00pm- S60- Cooroy</i>	<b>8</b> School Starts back 5.45am-IDM 8.30am-S30 9.00am-DM  5.15pm S30 6.00pm-IF	<b>9</b> 5.45am- BA 9.00am- S60 10.00am-E  5.00pm- DM 6.00pm- FF <i>6.00pm- IDM- Cooroy</i>	<b>10</b> 5.45am-DM 8.30am-S30 9.00am-F  4.00pm-IDM 5.00pm- S45 6.00pm- DM <i>6.00pm- S -Cooroy</i>	<b>11</b> 5.45am- F 9.00am-DM 10.00am- S30  4.45pm-BA 5.30pm-IDM	<b>12</b> 7.15am-S30 8.00am -DM
<b>13</b> 7.30am-BA 8.30am-DM  4.30pm-IF	<b>14</b> 5.45am-S 9.00am- IDM 10.00- S30  4.00pm-S45 5.00pm-DM 6.00pm- IF <i>6.00pm- S60- Cooroy</i>	<b>15</b> 5.45am-F 8.30am-S30 9.00am-F  <i>3.30pm-JJ</i> 5.15pm S30 6.00pm-S	<b>16</b> 5.45am- BA 9.00am- S60 10.00am-E  <i>3.30pm-TD</i> 5.00pm- S 6.00pm- S60 <i>6.00pm- S- Cooroy</i>	<b>17</b> 5.45am-IDM 8.30am-S30 9.00am-S  4.00pm-F 5.00pm- S45 6.00pm- IDM <i>6.00pm- No Cooroy Class</i>	<b>18</b> 5.45am-DM 9.00am-S 10.00am- S30  4.45pm-BA 5.30pm-IDM	<b>19</b> 7.15am-S30 8.00am -S  <i>Dance for Cancer</i> 5.30pm
<b>20</b> 7.30am-BA 8.30am-S  4.30pm-FF	<b>21</b> Pupil Free Day 5.45am-F 9.00am-DM 10.00- S30  4.00pm-S45 5.00pm-IDM 6.00pm- FF <i>6.00pm- S60- Cooroy</i>	<b>22</b> 5.45am-IF 8.30am-S30 9.00am-IDM  <i>3.30pm-JJ</i> 5.15pm S30 6.00pm-IDM	<b>23</b> 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>	<b>24</b> 5.45am-DM 8.30am-S30 9.00am-F  4.00pm-IF 5.00pm- S45 6.00pm- DM <i>6.00pm- FF -Cooroy</i>	<b>25</b> 5.45am- F 9.00am-DM 10.00am- S30  4.45pm-BA 5.30pm-IDM	<b>26</b> 7.15am-S30 8.00am -DM
<b>27</b> 7.30am-BA 8.30am-IDM  4.30pm-F	<b>28</b> 5.45am-IF 9.00am-S 10.00- S30  4.00pm-S45 5.00pm-DM 6.00pm-IF <i>6.00pm- S60- Cooroy</i>	<b>29</b> 5.45am-DM 8.30am-S30 9.00am-DM  <i>3.30pm-JJ</i> 5.15pm S30 6.00pm-DM	<b>30</b> 5.45am- BA 9.00am- S60 10.00am-E  <i>3.30pm-TD</i> 5.00pm- DM 6.00pm- FF <i>6.00pm- IF- Cooroy</i>	<b>31</b> 5.45am-DM 8.30am-S30 9.00am-F  4.00pm-IDM 5.00pm- S45 6.00pm- IF <i>6.00pm- IF -Cooroy</i>	<b><u>Class Formats</u></b> 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	