

June Formats and Classes 2019-Customer Copy

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Sandgate 10 year celebrations 7.15am-S30 8.00am -IDM
2 8.30am-DM 4.30pm-FF	3 5.45am-DM 9.00am- IDM 10.00- S30 4.00pm-S45 5.00pm-DM 6.00pm- FF <i>6.00pm- S60- Cooroy</i>	4 5.45am-S 9.00am-DM <i>3.30 Junior Jazzercise</i> 5.15pm S30 6.00pm-F	1 5.45am- BAttack- 9.00am- S60 10.00am- Express 5.00pm- DM 6.00pm- FF <i>6.00pm- DM- Cooroy</i>	6 5.45am-IDM 9.00am-F 4.00pm-DM 5.00pm- S45 6.00pm- S <i>6.00pm- IDM Cooroy</i>	7 5.45am- IF 9.00am-IDM 10.00- S30 4.45pm-BarreA 5.30pm-IDM	8 7.15am-S30 8.00am -S
9 <i>7.00am- 2.00pm</i> Health & Womens Expo	10 5.45am-DM 9.00am- IDM 10.00- S30 4.00pm-S45 5.00pm-IDM 6.00pm- IF <i>6.00pm- S60- Cooroy</i>	11 5.45am-F 9.00am-S <i>3.30 Junior Jazzercise</i> 5.15pm S30 6.00pm-S	12 5.45am- BAttack- 9.00am- Strength60 10.00am- Strike Express 5.00pm- IDM 6.00pm- S60 <i>6.00pm- DM- Cooroy</i>	13 5.45am-IDM 9.00am-DM 4.00pm-F 5.00pm- S45 6.00pm- DM <i>6.00pm- IDM Cooroy</i>	14 Show Holiday <i>5.30pm Black & Gold 50years Celebration Class</i>	15 7.15am-S30 8.00am -DM
16 8.30am-S 4.30pm-FF	17 5.45am-DM 9.00am- IDM 10.00- S30 4.00pm-S45 5.00pm-F 6.00pm- DM <i>6.00pm- S60- Cooroy</i>	18 5.45am-IDM 9.00am-DM <i>3.30 Junior Jazzercise</i> 5.15pm S30 6.00pm-IF	19 5.45am- BAttack- 9.00am- S60 10.00am- Express 5.00pm- DM 6.00pm- FF <i>6.00pm- DM- Cooroy</i>	20 5.45am-F 9.00am-DM 4.00pm-DM 5.00pm- S45 6.00pm- IDM <i>6.00pm- Cooroy NO CLASS</i>	21 5.45am- FF 9.00am-IDM 10.00- S30 4.45pm-BarreA- 5.30pm-DM	22 QLD Jazz Workshop 7.15am-S30 8.00am -S
23 8.30am-IDM 4.30pm-S	24 5.45am-DM 9.00am- IDM 10.00- S30 4.00pm-S45 5.00pm-IDM 6.00pm- FF <i>6.00pm- S60- Cooroy</i>	25 5.45am-S 9.00am-S <i>3.30 Junior Jazzercise</i> 5.15pm S30 6.00pm-IDM	26 Leanne Leaves for USA 5.45am- Strength45 9.00am- S60 10.00am- Strike Express 5.00pm- IDM 6.00pm- S60 <i>6.00pm- DM- Cooroy</i>	27 5.45am-IDM 9.00am-DM 4.00pm-DM 5.00pm- S45 6.00pm- IF <i>6.00pm- IDM Cooroy</i>	28 -Last Day of School 5.45am- IF 9.00am-IDM 10.00- S30 4.45pm-S45 5.30pm-IDM	29 50 years Celebration in USA 7.15am-S30 8.00am -DM
30 8.30am-FF 4.30pm-DM	<p align="center"><u>Class Formats</u></p> <p align="center">DM-Dance Mixx, IDM-Interval Dance Mixx. IF-Interval Fusion, S- Strike, F- Fusion ,FF- Flip Fusion, S30, S45 or S60, Strength classes, E-Express- 30 mins & SE Strike Express, BA- Barre Attack</p>					

