



# WINTER CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	Kore Strength 5:30-6:15am  Kore Konditioning 6:30-7:15am		Kore Konditioning 5:30-6:15am		Kore Strength 5:30-6:15am		
6:00AM		Kore Strength 6:30-7:15am				Kore Konditioning 6:30-7:15am	Karma Kettlebell/ Indian Clubs 6:30-7:15am
7:00AM							
8:00AM							
9:00AM						Community Running Group 9:30-10:30	
10:00AM							
11:00AM							
12-4:00AM	CLOSED FOR FOCUSED COACHING ONLY						
4:00PM		Kore Strength 4:15-5pm	Kore Konditioning 4:15-5pm		Kore Strength 4:15-5pm		
5:00PM							
6:00PM	Kettlebell Klass 6:15-7:15pm		Kettlebell Klass 6:15-7:15pm	Kettlebell Klass 6:15-7:15pm			
7:00PM							