

DBRC Wellness Classes - Summer 2008

May 12th - August 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am-8:00am					
9:00am-11:00am					
12:00pm- 1:00pm	Strength Training Linda				Strength Training Linda
1:00pm-2:00pm			Strength Training Linda		
4:00pm-5:00pm					
5:30pm- 6:30pm	Kickboxing Renee	Hatha Yoga Joy	Kickboxing Renee	Hatha Yoga Joy	
6:30pm- 7:30pm	Yoga-tude Anne		Yoga-tude Anne		
7:30pm-8:30pm					