



3DF / FOD Class Schedule

September 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	Happy Labor Day	9a BUTTS, GUTS & SCULPT 5p BOOT CAMP @ FOD w/Joe 6:15p SPIN FUSION	8:15a-9:45a CORE-SPIN-STRETCH 5:30p SPIN	8a BUTTS/GUTS/SCULPT 6:15 BUTTS/GUTS/SCULPT 6:45p YOGA	5a SPIN 9:15a BODY FORCE CONDITIONING	8a SPIN
8	9	10	11	12	13	14
	9:15a SPIN 5:30p-6:45p BOOT CAMP @ FOD w/ Joe	8a BUTTS, GUTS & SCULPT 5p BOOT CAMP @ FOD w/Joe 6:15p SPIN FUSION	8:15a-9:45a CORE-SPIN-STRETCH 5:30p SPIN	8a BUTTS/GUTS/SCULPT 6:15 BUTTS/GUTS/SCULPT 6:45p YOGA	5a SPIN 9:15a BODY FORCE CONDITIONING	8a SPIN
15	16	17	18	19	20	21
	9:15a SPIN 5:30p-6:45p BOOT CAMP @ FOD w/ Joe	8a BUTTS, GUTS & SCULPT 5p BOOT CAMP @ FOD w/Joe 6:15p SPIN FUSION	8:15a-9:45a CORE-SPIN-STRETCH 5:30p SPIN	8a BUTTS/GUTS/SCULPT 6:15 BUTTS/GUTS/SCULPT 6:45p YOGA	5a SPIN 9:15a BODY FORCE CONDITIONING	8a SPIN
22	23	24	25	26	27	28
	9:15a SPIN 5:30p-6:45p BOOT CAMP @ FOD w/ Joe	8a BUTTS, GUTS & SCULPT 5p BOOT CAMP @ FOD w/Joe 6:15p SPIN FUSION	8:15a-9:45a CORE-SPIN-STRETCH 5:30p SPIN	8a BUTTS/GUTS/SCULPT 6:15 BUTTS/GUTS/SCULPT 6:45p YOGA	5a SPIN 9:15a BODY FORCE CONDITIONING	8a SPIN
29	30					
	9:15a SPIN 5:30p-6:45p BOOT CAMP @ FOD w/ Joe					