



BE READY™

***Twist SCC Fall 2010 Trial Class Schedule
ADULT PROGRAMS***

September 7-12

TIME	TUES Sept 7	WED Sept 8	THURS Sept 9	FRI Sept 10
6:00 - 7:15am	ASC		AFF	
7:30 - 8.15am		TFB		
9:30 - 10:45am		AFF	ASC ASF	AFF
12 - 12:45pm	YogaSport (12-1pm)	TFL		TFL
6:15 - 7:30pm	ASF	R & R	AHC	
7.30 - 8.45pm		SBC	AFF	