



11760 Marco Beach Drive, Suite #3 – Jacksonville, FL (904) 551-0459

July 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 5:15pm – 6:15pm BodyPump with Cherie	2 ***AVAIL FOR PRIVATE BOOKING OR ROOM RENTAL FOR EVENTS	3 8:00am – 8:45am Yoga with Nitin	4
			6:30pm – 7:30pm Zumba with Alisa		9:00am – 10:00am BodyPump with Jerome 10:30am – 11:30am Zumba with Arlene & Jerome 11:45am – 12:00pm Abz-Solution w/Arlene & Jerome	CLOSED
					12:00 – 1:00pm Self Defense with AI	
5 8:00 – 9:00am BodyPump with Jerome 9:30 – 10:30am Zumba with Arlene & Jerome	6 5:15pm – 6:15pm BodyPump with Cherie 6:30pm – 7:30pm Zumba with Alisa	7 5:15pm – 6:15pm BodyPump with Jerome 6:30pm – 7:30pm Zumba with Arlene & Jerome	8 5:15pm – 6:15pm BodyPump with Cherie 6:30pm – 7:30pm Zumba with Alisa	9 ***AVAIL FOR PRIVATE BOOKING OR ROOM RENTAL FOR EVENTS	10 8:00am – 8:45am Yoga with Nitin 9:00am – 10:00am BodyPump with Jerome 10:30am – 11:30am Zumba with Arlene & Jerome 11:45am – 12:00pm Abz-Solution w/Arlene & Jerome	11 CLOSED
SPECIAL HOLIDAY SCHEDULE	6:30pm – 7:30pm Self Defense with AI	7:30pm – 8:00pm COOL DOWN Yoga			12:00 – 1:00pm Self Defense with AI	
12 5:15 – 6:15pm BodyPump with Jerome 6:30pm – 7:30pm Zumba with Arlene & Jerome	13 5:15pm – 6:15pm BodyPump with Cherie 6:30pm – 7:30pm Zumba with Alisa	14 5:15pm – 6:15pm BodyPump with Jerome 6:30pm – 7:30pm Zumba with Arlene & Jerome	15 5:15pm – 6:15pm BodyPump with Cherie 6:30pm – 7:30pm Zumba with Alisa	16 ***AVAIL FOR PRIVATE BOOKING OR ROOM RENTAL FOR EVENTS	17 8:00am – 9:00am Yoga with Nitin 8:30am – 9:30am BodyPump with Jerome	18 CLOSED
	6:30pm – 7:30pm Self Defense with AI	7:30pm – 8:00pm COOL DOWN Yoga			10:00 am – 12:00pm – ZUMBA TWO HOUR JAM! 12:00 – 1:00pm Self Defense with AI	
19 5:15 – 6:15pm BodyPump with Jerome 6:30pm – 7:30pm Zumba with Arlene & Jerome	20 5:15pm – 6:15pm BodyPump with Cherie 6:30pm – 7:30pm Zumba with Alisa	21 5:15pm – 6:15pm BodyPump with Jerome 6:30pm – 7:30pm Zumba with Arlene & Jerome	22 5:15pm – 6:15pm BodyPump with Cherie 6:30pm – 7:30pm Zumba with Alisa	23 ***AVAIL FOR PRIVATE BOOKING OR ROOM RENTAL FOR EVENTS	24 8:00am – 8:45am Yoga with Nitin 9:00am – 10:00am BodyPump with Jerome 10:30am – 11:30am Zumba with Arlene & Jerome 11:45am – 12:00pm Abz-Solution w/Arlene & Jerome	25
	6:30pm – 7:30pm Self Defense with AI	7:30pm – 8:00pm COOL DOWN Yoga			12:00 – 1:00pm Self Defense with AI	
26 5:15 – 6:15pm BodyPump with Jerome 6:30pm – 7:30pm Zumba with Arlene & Jerome	27 5:15pm – 6:15pm BodyPump with Cherie 6:30pm – 7:30pm Zumba with Alisa	28 5:15pm – 6:15pm BodyPump with Jerome 6:30pm – 7:30pm Zumba with Arlene & Jerome	29 5:15pm – 6:15pm BodyPump with Cherie 6:30pm – 7:30pm Zumba with Alisa	30 STUDIO JEAR!'S FIRST WOMEN'S FOCUS GROUP MTG! TOPIC: Healthy Relationships! Sign up is required	31 8:00am – 8:45am Yoga with Nitin 9:00am – 10:00am BodyPump with Jerome 10:30am – 11:30am Zumba with Arlene & Jerome 11:45am – 12:00pm Abz-Solution w/Arlene & Jerome	
	6:30pm – 7:30pm Self Defense with AI	7:30pm – 8:00pm COOL DOWN Yoga	www.zumbajear.com		12:00 – 1:00pm Self Defense with AI	