


Kids In Motion - 3-12 yrs- July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>The Kids in Motion room will have a nightly theme. <u>Monday</u> = Simon says, <u>Tuesday</u> = exercise stations, <u>Wednesday</u> = obstacle course, <u>Thursday</u> = Tumble, <u>Friday</u> = Kids Choice and <u>Saturday</u> =Musical stars. All specialty classes will be held in the gym. All Kids in Motion members MUST go to KIM room and sign in and also sign in for class if they will be participating. Any questions please contact Chanda Knight at chandaknight@nfe1.com or Lori Trabalka at lort@nfe1.com (865) 483-6868</p>				1	5pm Pre- Karate (4 6yrs) 5:30 Karate (7-12yrs) 6:15 Adv. Karate (7-12yrs)	2	3	9:30 S.P.L.A.A.T - (3-5y) Christine 10:15 H.E.A.T. - (6-12y) Christine
4	5 5pm Ball Sports (3-5y) - Andrea 5:30 Pre-Ballet - (3-5y) Mollie 6:00 Retro P.E (6-12y) Lori 6:45 Hip-Hop (6-12y)	6 5:30 Creative Movement (3-5y)- Lori 6:15 Karate (7-12yrs)	7	8 5pm Pre- Karate (4 6yrs) 5:30 Karate (7-12yrs) 6:15 Adv. Karate (7-12yrs)	9	10 9:30 S.P.L.A.A.T - (3-5y) Christine 10:15 H.E.A.T. - (6-12y) Christine		
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