

MOSSA Launch Class Schedule

Date:	Time:	Class:	Instructors:
Saturday, July 17	9:30-10:30 a.m.	Group Groove	Anne, Kerry and Erin
Sunday, July 18	9:30-10:30 a.m.	Group Blast	Carmen, Lora and Retha
Monday, July 19	7:05-8:05 p.m.	Group Ride	Carmen and Lora
Thursday, July 22	6-7 p.m.	Group Active	Katie and Anne
Thursday, July 22	7:05-8:05 p.m.	Group Centergy	Sophia, Nikki and Erika
Friday, July 23	8:45-9:15 a.m.	MOVE 30	Diana and Anne
Friday, July 23	9:30-10:30 a.m.	Group Fight	Francie, Nikki and Erika
Friday, July 23	10:30-11 a.m.	3D30	Francie and Jesse
Friday, July 23	4:30-5 p.m.	R30	Nikki and Jesse
Friday, July 23	5:10-5:40 p.m.	Group Core	Nikki and Jesse
Saturday, July 24	8:15-9:15 a.m.	Group Power	Jesse, Diana and Anne