

December 2009



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Plainfield Boot Camp 9:00 -10:00 am	2 Lunchtime Seminar 12:30 KDR Boot Camp 6:45 – 7:30pm	3 Plainfield Boot Camp 9:00 – 10:00am 3:15 - 4:00pm 4:15 – 5:00pm	4 KDR Boot Camp 6:45 – 7:30pm	5 KDR Boot Camp 8:00 - 8:45am
6	7 Plainfield Boot Camp 3:15 - 4:00pm 4:00 – 4:45pm KDR Boot Camp 6:45 – 7:30pm	8 Plainfield Boot Camp 9:00 -10:00 am	9 Lunchtime Seminar 12:30 KDR Boot Camp 6:45 – 7:30pm	10 Plainfield Boot Camp 9:00 – 10:00am 3:15 - 4:00pm 4:15 – 5:00pm	11 KDR Boot Camp 6:45 – 7:30pm	12 KDR Boot Camp 8:00 - 8:45am
13	14 Plainfield Boot Camp 3:15 - 4:00pm 4:00 – 4:45pm KDR Boot Camp 6:45 – 7:30pm	15 Plainfield Boot Camp 9:00 -10:00 am	16 Lunchtime Seminar 12:30 KDR Boot Camp 6:45 – 7:30pm	17 Plainfield Boot Camp 9:00 – 10:00am 3:15 - 4:00pm 4:15 – 5:00pm	18 KDR Boot Camp 6:45 – 7:30pm	19 KDR Boot Camp 8:00 - 8:45am
<div data-bbox="111 954 359 1419" data-label="Text"> <p>Reminder: All Boot Camp classes are FREE to KDR members so get your extra workout in!</p> </div>	21 Plainfield Boot Camp 3:15 - 4:00pm 4:00 – 4:45pm KDR Boot Camp 6:45 – 7:30pm	22 Plainfield Boot Camp 9:00 -10:00 am	23 Lunchtime Seminar 12:30 KDR Boot Camp 6:45 – 7:30pm	24	25 Merry Christmas Gym Closed!	26
	28 Plainfield Boot Camp 3:15 - 4:00pm 4:00 – 4:45pm KDR Boot Camp 6:45 – 7:30pm	29	30	31 GYM CLOSED!	<div data-bbox="1459 1252 1965 1393" data-label="Image"> </div> <p>Results by Design</p>	