



February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Plainfield BC 3:15 - 4:00pm 4:00 - 4:45pm KDR Boot Camp 6:45 - 7:30pm	2	3 KDR Boot Camp 6:45 - 7:30pm	4 Plainfield BC 3:15 - 4:00pm 4:00 - 4:45pm	5 KDR Boot Camp 6:45 - 7:30pm	6 KDR Boot Camp 8:00 - 8:45am
	7	8 Plainfield BC 3:15 - 4:00pm 4:00 - 4:45pm KDR Boot Camp 6:45 - 7:30pm	9	10 KDR Boot Camp 6:45 - 7:30pm	11 Plainfield BC 3:15 - 4:00pm 4:00 - 4:45pm	12 KDR Boot Camp 6:45 - 7:30pm
14	15 Plainfield BC 3:15 - 4:00pm 4:00 - 4:45pm KDR Boot Camp 6:45 - 7:30pm	16 SEMINAR 7PM Organic vs. Processed "You really are what you eat."	17 KDR Boot Camp 6:45 - 7:30pm	18 Plainfield BC 3:15 - 4:00pm 4:00 - 4:45pm	19 KDR Boot Camp 6:45 - 7:30pm	20 KDR Boot Camp 8:00 - 8:45am
21 Grocery Store Tour Shaw's Supermarket 1:00 (Free for all KDR coaching members)	22 Plainfield BC 3:15 - 4:00pm 4:00 - 4:45pm KDR Boot Camp 6:45 - 7:30pm	23	24 KDR Boot Camp 6:45 - 7:30pm	25 Plainfield BC 3:15 - 4:00pm 4:00 - 4:45pm	26 KDR Boot Camp 6:45 - 7:30pm	27 KDR Boot Camp 8:00 - 8:45am
28	 Results by Design			<div style="border: 1px solid gray; padding: 5px; background-color: #e0e0e0;"> Reminder: All Boot Camp classes are FREE to KDR members so get your extra workout in! </div>		