



**IF YOUR SITE DOES NOT HAVE A SATURDAY OPTION, YOU ARE WELCOME TO ATTEND AT ANOTHER SITE**

- Schedule changes monthly
- Your enrollment allows you to attend two make up session per month

		<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
Locations		<u>12/2</u> <u>Saturday</u>	<u>12/9</u> <u>Saturday</u>	<u>12/16</u> <u>Saturday</u>	<u>12/23</u> <u>Saturday</u>
Lake Forest TNT:	Scott(1) Maz(4)	8:30 to 10:30	Visit sister sites	Visit sister sites	8:30 to 10:30
Bethesda TNT:	Chris F	8:15 to 11:15	Visit sister sites	8:15 to 11:15	Visit sister sites
Northwest TNT:	Tom K	Visit sister sites	8:15 to 11:15	Visit sister sites	8:15 to 11:15
Skyline Z4:	Ramin	Visit sister sites	8:15 to 11:15	Visit sister sites	8:15 to 11:15
Ballston Z4:	Chris G	8:15 to 11:15	Visit sister sites	8:15 to 11:15	Visit sister sites
Old Town Z4:	Blue(1&3) Kenny(2)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	Visit sister sites
McLean Z4:	Max(2&4) Evander(1) Kenny(3)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15
Tysons Z4:	John F(1&3) Don(2)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	Visit sister sites
Burke Z4:	Justin(1&3) Bo(2&4)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15
N. Frederick Z4:	John C(1) Scott(3)	8:15 to 11:15	Visit sister sites	8:15 to 11:15	Visit sister sites
S. Frederick Z4:	John C(2) Heather(4)	Visit sister sites	8:15 to 11:15	Visit sister sites	8:15 to 11:15
Gainesville Z4:	Eric(1&2) Brad(3) Evander(4)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15
Brambleton Z4:	Dan(1&3) Brock(2) Ali(4)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15
Reston TNT:	Cody	8:15 to 11:15	Visit sister sites	8:15 to 11:15	Visit sister sites
Worldgate TNT:	Tyler	Visit sister sites	8:15 to 11:15	Visit sister sites	8:15 to 11:15
Woodbridge Z4:	JT(2&4) Jeff(1&3)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15
Stafford Z4:	Adam (1&4) Mary(2) Michele(3)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15
Chesapeake Sq Z4:	Anthony(1&3) Adriana(2)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	Visit sister sites
Lynnhaven Z4:	Cory	Visit sister sites	8:15 to 11:15	Visit sister sites	8:15 to 11:15
Norfolk Z4:	Chris F	8:15 to 11:15	Visit sister sites	8:15 to 11:15	Visit sister sites
Greenbrier Z4:	Diana(1&2) Doneshia(4)	8:15 to 11:15	8:15 to 11:15	To be announced	8:15 to 11:15
Newport News Z4:	Jaime(1&2) Audrey(3)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	Visit sister sites
Kansas City Z4:	Tommy	8am to 12pm	8am to 12pm	8am to 12pm	8am to 12pm



sport&health

