



IF YOUR SITE DOES NOT HAVE A SATURDAY OPITION, 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>1/6</u> <u>Saturday</u>	<u>1/13</u> <u>Saturday</u>	<u>1/20</u> <u>Saturday</u>	<u>1/27</u> <u>Saturday</u>
Lake Forest TNT: Scott(2) Brock(4)	<u>Visit sister sites</u>	<u>8:30 to 10:30</u>	<u>Visit sister sites</u>	<u>8:30 to 10:30</u>
Bethesda TNT: Chris F	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>
Northwest TNT: Tom K	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>
Skyline Z4: Ramin	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>
Ballston Z4: Chris G(2&4) Fernando(3)	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>
Old Town Z4: Kenny	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>
McLean Z4: Max(2&4) Evander(1) Paxton(3)	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>
Tysons Z4: John F(1) Evander(2) Don(3)	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>
Burke Z4: Bo	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>
N. Frederick Z4: Fernando(1) Morgan(3)	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>
S. Frederick Z4: Heather(2) Scott(4)	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>
Gainesville Z4: Eric(2&4) Chris B(1) Brad(3)	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>
Brambleton Z4: Dan(1&2) Chris B(3) Ali(4)	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>
Reston TNT: Cody	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>
Worldgate TNT: Tyler	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>
Woodbridge Z4: JT(2&4) Jeff(1&3)	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>
Stafford Z4: John C (3&4) Mary(2) Michele(1)	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>
Chesapeake Sq Z4: Anthony(1&3) Shawn(2)	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>
Lynnhaven Z4: Cory	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>
Norfolk Z4: Chris F	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>
Greenbrier Z4: Diana(2&4) Jason(1)	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>
Newport News Z4: Jaime(3&4) Nikki(1)	<u>8:15 to 11:15</u>	<u>Visit sister sites</u>	<u>8:15 to 11:15</u>	<u>8:15 to 11:15</u>
Kansas City Z4: Tommy	<u>8am to 12pm</u>	<u>8am to 12pm</u>	<u>8am to 12pm</u>	<u>8am to 12pm</u>



sport&health

