



**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>10/7</u>	<u>10/14</u>	<u>10/21</u>	<u>10/28</u>
		<u>Saturday</u>	<u>Saturday</u>	<u>Saturday</u>	<u>Saturday</u>
Kansas City Z4:	Tommy	8am to 12pm	8am to 12pm	8am to 12pm	8am to 12pm
Ballston Z4:	Chris G(1&4) Tom(2)	8:15 to 11:15	8:15 to 11:15	Visit sister sites	8:15 to 11:15
Skyline Z4:	Ramin	8:15 to 11:15	Visit sister sites	8:15 to 11:15	Visit sister sites
Old Town Z4:	Blue(1&3) Kenny(2&4)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15
McLean Z4:	Max(1&4) Mikayla(2&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&2) Don(3)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	Visit sister sites
Burke Z4:	Justin(2&4) Bo(1&3)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15
N. Frederick Z4:	Heather(1) Scott(4)	8:15 to 11:15	Visit sister sites	Visit sister sites	8:15 to 11:15
S. Frederick Z4:	John C	Visit sister sites	8:15 to 11:15	8:15 to 11:15	Visit sister sites
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 Flook	8:15 to 11:15	Visit sister sites	Visit sister sites	8:15 to 11:15
Northwest TNT:	Tom	8:15 to 11:15	Visit sister sites	8:15 to 11:15	Visit sister sites
Tenley TNT:	Ramin	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&2) Brock(3) Ali(4)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15
Worldgate TNT:	Tyler	Visit sister sites	8:15 to 11:15	Visit sister sites	8:15 to 11:15
Reston TNT:	Cody	8:15 to 11:15	Visit sister sites	8:15 to 11:15	Visit sister sites
Woodbridge Z4:	Evander(1) JT(2&4) Jeff(3)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15
Stafford Z4:	Adam C(1&4) Hattie(2) Michele(3)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15
Chesapeake Square Z4:	Anthony(1&3) Jason(2)	8:15 to 11:15	8:15 to 11:15	8:15 to 11:15	Visit sister sites
Lynnhaven Z4:	Cory	8:15 to 11:15	Visit sister sites	8:15 to 11:15	Visit sister sites
Norfolk Z4:	Chris Frazier	8:15 to 11:15	Visit sister sites	8:15 to 11:15	Visit sister sites
Greenbrier Z4:	Doneshia(1) Diana(2&4)	8:15 to 11:15	8:15 to 11:15	Visit sister sites	8:15 to 11:15
Newport News Z4:	Jaime(1&2) Audrey(4)	8:15 to 11:15	8:15 to 11:15	Visit sister sites	8:15 to 11:15



sport&health

