



March 2010

Women's Group Training Classes

1806 Vestal Parkway East
 Vestal, NY 13850
 607-797-3195



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Suzanne -Black Heather-Gray Liz-pink Donna-green	1 12pm 4pm 5pm	2 12pm 1:30pm 5pm	3 10:30am 1:30pm 2:30pm 6:30pm	4 12pm 1:30pm 2:30pm 5pm	5 6am 2pm	6 10am
7	8 12pm 4pm 5pm	9 12pm 1:30pm 5pm	10 10:30am 1:30pm 2:30pm	11 12pm 1:30pm 2:30pm 5pm	12 6am	13 9:30am
14	15 12pm 4pm 5pm	16 12pm 1:30pm 5pm	17 10:30am 1:30pm 2:30pm 6:30pm	18 12pm 1:30pm 2:30pm 5pm	19 6am 2pm	20 9am
21	22 12pm 4pm 5pm	23 12pm 1:30pm 5pm	24 10:30am 1:30pm 2:30pm 6:30pm	25 12pm 1:30pm 2:30pm 5pm	26 6am 2pm	27 9am
28	29 12pm 4pm 5pm	30 12pm 1:30pm 5pm	31 10:30am 1:30pm 2:30pm 6:30pm			