



July 2008 Schedule

MAC *Parisi* Total Conditioning



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|-----------------------|--------------------------|--------------------------|-----------------------|--------------------------|---------------------------|
| | | 1 4:30-5:30pm | 2 6:30-7:30pm | 3 7-8:00pm | 4 4:30-5:30pm | 5 12:30-1:30pm |
| 6 | 7 5-6:00pm | 8 4:30-5:30pm | 9 6:30-7:30pm | 10 7-8:00pm | 11 4:30-5:30pm | 12 12:30-1:30pm |
| 13 | 14 5-6:00pm | 15 4:30-5:30pm | 16 6:30-7:30pm | 17 7-8:00pm | 18 4:30-5:30pm | 19 12:30-1:30pm |
| 20 | 21 5-6:00pm | 22 4:30-5:30pm | 23 6:30-7:30pm | 24 7-8:00pm | 25 4:30-5:30pm | 26 12:30-1:30pm |
| 27 | 28 5-6:00pm | 29 4:30-5:30pm | 30 6:30-7:30pm | 31 7-8:00pm | | |