



# KINESIS™

THE ORIGINAL MOVEMENT



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5:30-6am (1x/wk) <i>Arlene</i>		
	6-6:30am (M&F 2x/wk) <i>Judy</i>		6-6:30am (1x/wk) <i>Judy</i>		6-6:30am (M&F 2x/wk) <i>Judy</i>	
				7-7:30am (1x/wk) <i>Dina</i>		
	7:30-8am (1x/wk) <i>Judy</i>		7:30-8am (1x/wk) <i>Judy</i>		7:30-8am (1x/wk) <i>Judy</i>	
					8:30-9am (1x/wk) <i>Dina</i>	
	9-9:30am (1x/wk) <i>Dave</i>					
	9:30-10am (1x/wk) <i>Dave</i>					
	10-10:30am (1x/wk) <i>Josette</i>				10-11am (1x/wk) <i>Dina</i>	
		11-11:30am (1x/wk) <i>Judy</i>				
	5-5:30pm (2x/wk) <i>Judy</i>	5-5:30pm (2x/wk) <i>Judy</i>	5-5:30pm (2x/wk) <i>Judy</i>	5-5:30pm (2x/wk) <i>Judy</i>		
		6:30-7pm (1x/wk) <i>Josette</i>				

 = once a week  
 = twice a week