

shoreline sport & spine summer class schedule

→ youth sports performance

→ adult fitness

july 7th - august 15th

	monday	tuesday	wednesday	thursday	friday
july 7	excel 8:45a-9:45a react 1:00p-2:00p power 2:00p-3:00p	excel 6:15a-7:15a fun 9:00a-10:00a base 10:00a-11:00a move 11:00a-12:00p excel 12:00p-12:45p tone 5:30p-6:30p move 5:30p-6:30p excel 6:30p-7:30p	excel 8:45a-9:45a react 1:00p-2:00p power 2:00p-3:00p	excel 6:15a-7:15a fun 9:00a-10:00a base 10:00a-11:00a move 11:00a-12:00p excel 12:00p-12:45p move 5:30p-6:30p excel 6:30p-7:30p	excel 8:45a-9:45a fun 9:00a-10:00a base 10:00a-11:00a move 11:00a-12:00p
14	excel 8:45a-9:45a react 1:00p-2:00p power 2:00p-3:00p	excel 6:15a-7:15a fun 9:00a-10:00a base 10:00a-11:00a move 11:00a-12:00p excel 12:00p-12:45p tone 5:30p-6:30p move 5:30p-6:30p excel 6:30p-7:30p	excel 8:45a-9:45a react 1:00p-2:00p power 2:00p-3:00p	excel 6:15a-7:15a fun 9:00a-10:00a base 10:00a-11:00a move 11:00a-12:00p excel 12:00p-12:45p move 5:30p-6:30p excel 6:30p-7:30p	excel 8:45a-9:45a fun 9:00a-10:00a base 10:00a-11:00a move 11:00a-12:00p
21	excel 8:45a-9:45a react 1:00p-2:00p power 2:00p-3:00p	excel 6:15a-7:15a fun 9:00a-10:00a base 10:00a-11:00a move 11:00a-12:00p excel 12:00p-12:45p tone 5:30p-6:30p move 5:30p-6:30p excel 6:30p-7:30p	excel 8:45a-9:45a react 1:00p-2:00p power 2:00p-3:00p	excel 6:15a-7:15a fun 9:00a-10:00a base 10:00a-11:00a move 11:00a-12:00p excel 12:00p-12:45p move 5:30p-6:30p excel 6:30p-7:30p	excel 8:45a-9:45a fun 9:00a-10:00a base 10:00a-11:00a move 11:00a-12:00p
28	excel 8:45a-9:45a react 1:00p-2:00p power 2:00p-3:00p	excel 6:15a-7:15a fun 9:00a-10:00a base 10:00a-11:00a move 11:00a-12:00p excel 12:00p-12:45p tone 5:30p-6:30p move 5:30p-6:30p excel 6:30p-7:30p	excel 8:45a-9:45a react 1:00p-2:00p power 2:00p-3:00p	excel 6:15a-7:15a fun 9:00a-10:00a base 10:00a-11:00a move 11:00a-12:00p excel 12:00p-12:45p move 5:30p-6:30p excel 6:30p-7:30p	

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4	5	6	7	8
excel 8:45a-9:45a react 1:00p-2:00p power 2:00p-3:00p	excel 6:15a-7:15a fun 9:00a-10:00a base 10:00a-11:00a move 11:00a-12:00p excel 12:00p-12:45p tone 5:30p-6:30p move 5:30p-6:30p excel 6:30p-7:30p	excel 8:45a-9:45a react 1:00p-2:00p power 2:00p-3:00p	excel 6:15a-7:15a fun 9:00a-10:00a base 10:00a-11:00a move 11:00a-12:00p excel 12:00p-12:45p move 5:30p-6:30p excel 6:30p-7:30p	excel 8:45a-9:45a fun 9:00a-10:00a base 10:00a-11:00a move 11:00a-12:00p
11	12	13	14	15

august 1

coming soon... september class schedule
s3pt.com/classes