

JAG Fitness Class Schedule - Jan/Feb 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 1, 2011	2 Energy Flow BODY SHOP 6:00 pm	3	4 Nia BODY SHOP 6:00 pm	5	6 Human Movement BODY SHOP 6:00pm	7
8 Nia - 9:30 am @BRIDGE for Dance	9 Energy Flow BODY SHOP 6:00 pm	10	11 Nia BODY SHOP 6:00 pm	12	13 Human Movement BODY SHOP 6:00pm	14
8 Nia - 9:30 am @BRIDGE for Dance	16 Energy Flow BODY SHOP 6:00 pm	17	18 Nia BODY SHOP 6:00 pm	19	20 Human Movement BODY SHOP 6:00pm	21
8 Nia - 9:30 am @BRIDGE for Dance	23 Energy Flow BODY SHOP 6:00 pm	24	25 Nia BODY SHOP 6:00 pm	26	27 Human Movement BODY SHOP 6:00pm	28
8 Nia - 9:30 am @BRIDGE for Dance	30 Energy Flow BODY SHOP 6:00 pm	31	February 1, 2011 Nia BODY SHOP 6:00 pm	2	3 Human Movement BODY SHOP 6:00pm	4 download current schedule at www.jasonalangriffin.com/fitness

BRIDGE for Dance - 2726 B'way @ 104th, 3rd floor
 BODY SHOP - 259 W 30th St. (between 7th & 8th Aves), second floor