

SEPTEMBER KETTLEBELL CLASS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30am-10:30am Kettlebell Class 12pm-12:45pm SWING POWER! 5:30pm-6:30pm Kettlebell Class	2	3	4 8:30am-9:30am Kettlebell Class 9:45am-11am Intro to Kettlebell Workshop
5	6 5:30pm-6:30pm Kettlebell Class 6:30pm-7:15pm SWING POWER!	7	8 9:30am-10:30am Kettlebell Class 12pm-12:45pm SWING POWER! 5:30pm-6:30pm Kettlebell Class	9	10	11 8:30am-9:30am Kettlebell Class 9:45am-11am Intro to Kettlebell Workshop
12	13 5:30pm-6:30pm Kettlebell Class 6:30pm-7:15pm SWING POWER!	14	15 9:30am-10:30am Kettlebell Class 12pm-12:45pm SWING POWER! 5:30pm-6:30pm Kettlebell Class	16	17	18 8:30am-9:30am Kettlebell Class 9:45am-11am Intro to Kettlebell Workshop
19	20 5:30pm-6:30pm Kettlebell Class 6:30pm-7:15pm SWING POWER!	21	22 9:30am-10:30am Kettlebell Class 12pm-12:45pm SWING POWER! 5:30pm-6:30pm Kettlebell Class	23	24	25 8:30am-9:30am Kettlebell Class 9:45am-11am Intro to Kettlebell Workshop
26	27 5:30pm-6:30pm Kettlebell Class 6:30pm-7:15pm SWING POWER!	28	29 9:30am-10:30am Kettlebell Class 12pm-12:45pm SWING POWER! 5:30pm-6:30pm Kettlebell Class	30	Gayle Hunter, RKC2 707.484.8869 www.russianriverkettlebells.com 424 Moore Ln. Healdsburg, CA 95448 (Behind Healdsburg City Hall)	