

Russian Kettlebell Training



Master Phil Ross X-Cel Fitness Professionals

\$450.00 6 Week Block,
Spot Guaranteed
Or
\$40.00 Session Spot
NOT Guaranteed

<u>Session 1</u>	<u>Tuesday</u>	<u>Thursday</u>	<u>Friday</u>
	March 11,2008	March 18,2008	March 14,2008
<u>A= 3:30pm</u>	March 18,2008	March 20,2008	March 21,2008
<u>B= 4:30pm</u>	March 25,2008	March 27,2008	March 28,2008
	April 1,2008	April 3,2008	April 4,2008
	April 8,2008	April 10,2008	April 11,2008
	April 15,2008	April 17,2008	April 18,2008

<u>Session 2</u>	<u>Tuesday</u>	<u>Thursday</u>	<u>Friday</u>
	May 6 ,2008	May 8,2008	May 9,2008
<u>A= 3:30pm</u>	May 13,2008	May 15,2008	May 16,2008
<u>B= 4:30pm</u>	May 20,2008	May 22,2008	May 23,2008
	May 27,2008	May 29,2008	May 30,2008
	June 3, 2008	June 5, 2008	June 6, 2008
	June 10, 2008	June 12, 2008	June13 , 2008