

Andre Hairston's Cardio Craze - October 2014

Cornwell Center Gym - 2001 Selwyn Avenue, Charlotte, NC 28207 (\$5 each per class. Complimentary Child Care - available ONLY on Saturdays)

** Andre also holds classes at Fitness Connection Ballantyne & the Morrison YMCA. Please visit their websites for the current monthly gym schedules. **

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:30pm - \$5/each Cornwell Center Gym	2	3	4 9:30am - \$5/each Cornwell Center Gym
5 1pm - \$5/each Cornwell Center Gym	6	7	8 6:30pm - \$5/each Cornwell Center Gym	9	10	11 9:30am - \$5/each Cornwell Center Gym
12 1pm - \$5/each Cornwell Center Gym	13	14	15 6:30pm - \$5/each Cornwell Center Gym	16	17	18 9:30am - \$5/each Cornwell Center Gym
19 1pm - \$5/each Cornwell Center Gym	20	21	22 6:30pm - \$5/each Cornwell Center Gym	23	24	25 9:00-10:30am - \$5 each Cornwell Center Gym
26 3:30pm - \$5/each NEW TIME BEGINNING TODAY! Cornwell Center Gym	27	28	29 7:00pm - \$5 each SPECIAL LOCATION - OCT. 29TH ONLY: Myers Park Presbyterian Church Outreach Center 1073 Providence Rd.	30	31	