

# Weekly Group Class Schedule (July-August)



北京顺义国际学校  
INTERNATIONAL SCHOOL OF BEIJING



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:45-9:45am H.I.M. Cardio Circuit (Tommy)		8:45-9:45am H.I.M. Cardio Circuit (Brandon)			8:30-9:30am H.I.M. Bootcamp (Brandon)



Marc Henderson - 18601327630 - marc.henderson@yahoo.com.au  
 Ruben Payan - 13671294008 - thepowerfulhuman@yahoo.com  
 Cami Pipkin - 15810553387 - onepowerfulbutterfly@yahoo.com  
 Brandon Payan - 15901107857 - brandonpayan75@yahoo.com  
 Lundy Clark - 13811854470 - lundy\_clark@yahoo.com  
 Stell Chan Marinaro - 18601274767 - Spinwithstella@yahoo.com  
 Deanna Longley - 18515621020 - jdhnlongley@sbcglobal.net  
 Frida Metz-1820677134-fridafroskur@hotmail.com



www.humaninmotion.com.cn  
 humaninmotion@yahoo.com  
 Phone: 84703616