

Suggested New Moves class schedule for Quarter, Trimester, and Semester schedules

Class Schedule—Quarter (9 weeks)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Be Fit	Be Fit	Be Fab 1	Be Fit	Be Fueled 1
Week 2	Be Fit	Be Fit	Be Fab 2	Be Fit	Be Fueled 2
Week 3	Be Fit	Be Fit	Be Fab 3	Be Fit	Be Fueled 3
Week 4	Be Fit	Be Fit	Be Fab 4	Be Fit	Be Fueled 4
Week 5	Be Fit	Be Fit	Be Fab 5	Be Fit	Be Fueled 5
Week 6	Be Fit	Be Fit	Be Fab 6	Be Fit	Be Fueled 6
Week 7	Be Fit	Be Fit	Be Fab 7	Be Fit	Be Fueled 7
Week 8	Be Fit	Be Fit	Be Fab 8	Be Fit	Be Fueled 8
Week 9	Be Fit	Be Fit	Be Fit	Be Fit	Be Fit

**schedule does not account for holidays, early release days, etc.*

Class Schedule—Trimester (13 weeks)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Be Fit	Be Fit	Be Fab 1	Be Fit	Be Fueled 1
Week 2	Be Fit	Be Fit	Be Fab 2	Be Fit	Be Fueled 2
Week 3	Be Fit	Be Fit	Be Fab 3	Be Fit	Be Fit
Week 4	Be Fit	Be Fit	Be Fueled 3	Be Fit	Be Fit
Week 5	Be Fit	Be Fit	Be Fab 4	Be Fit	Be Fit
Week 6	Be Fit	Be Fit	Be Fueled 4	Be Fit	Be Fit
Week 7	Be Fit	Be Fit	Be Fab 5	Be Fit	Be Fueled 5
Week 8	Be Fit	Be Fit	Be Fab 6	Be Fit	Be Fit
Week 9	Be Fit	Be Fit	Be Fueled 6	Be Fit	Be Fit
Week 10	Be Fit	Be Fit	Be Fab 7	Be Fit	Be Fit
Week 11	Be Fit	Be Fit	Be Fueled 7	Be Fit	Be Fit
Week 12	Be Fit	Be Fit	Be Fab 8	Be Fit	Be Fueled 8
Week 13	Be Fit	Be Fit	Be Fit	Be Fit	Be Fit

**schedule does not account for holidays, early release days, etc.*

Class Schedule—Semester (19 weeks)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Be Fit	Be Fit	Be Fab 1	Be Fit	Be Fit
Week 2	Be Fit	Be Fit	Be Fueled 1	Be Fit	Be Fit
Week 3	Be Fit	Be Fit	Be Fab 2	Be Fit	Be Fit
Week 4	Be Fit	Be Fit	Be Fueled 2	Be Fit	Be Fit
Week 5	Be Fit	Be Fit	Be Fab 3	Be Fit	Be Fit
Week 6	Be Fit	Be Fit	Be Fueled 3	Be Fit	Be Fit
Week 7	Be Fit	Be Fit	Be Fab 4	Be Fit	Be Fit
Week 8	Be Fit	Be Fit	Be Fueled 4	Be Fit	Be Fit
Week 9	Be Fit	Be Fit	Be Fab 5	Be Fit	Be Fit
Week 10	Be Fit	Be Fit	Be Fueled 5	Be Fit	Be Fit
Week 11	Be Fit	Be Fit	Be Fab 6	Be Fit	Be Fit
Week 12	Be Fit	Be Fit	Be Fueled 6	Be Fit	Be Fit
Week 13	Be Fit	Be Fit	Be Fab 7	Be Fit	Be Fit
Week 14	Be Fit	Be Fit	Be Fueled 7	Be Fit	Be Fit
Week 15	Be Fit	Be Fit	Be Fab 8	Be Fit	Be Fit
Week 16	Be Fit	Be Fit	Be Fueled 8	Be Fit	Be Fit
Week 17	Be Fit	Be Fit	Be Fit	Be Fit	Be Fit
Week 18	Be Fit	Be Fit	Be Fit	Be Fit	Be Fit
Week 19	Be Fit	Be Fit	Be Fit	Be Fit	Be Fit

**schedule does not account for holidays, early release days, etc.*