



# OUR SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
<b>MORNING:</b> 10:00 AM – 11:00 AM  <b>STRETCHING &amp; MOBILITY (OCCASIONAL):</b> 11:15 AM – 12:15 PM	<b>MORNING:</b> 6:00 AM – 7:00 AM 7:00 AM – 8:00 AM  <b>NOON:</b> 12:00 PM – 1:00 PM  <b>EVENING:</b> 5:30 PM – 6:30 PM 6:45 PM – 7:45 PM	<b>MORNING:</b> 6:00 AM – 7:00 AM 7:00 AM – 8:00 AM  <b>NOON:</b> 12:00 PM – 1:00 PM  <b>EVENING:</b> 5:30 PM – 6:30 PM	<b>MORNING:</b> 6:00 AM – 7:00 AM 7:00 AM – 8:00 AM 9:30 AM – 10:30 AM  <b>NOON:</b> 12:00 PM – 1:00 PM  <b>EVENING:</b> 5:30 PM – 6:30 PM	<b>MORNING:</b> 6:00 AM – 7:00 AM 7:00 AM – 8:00 AM  <b>NOON:</b> 12:00 PM – 1:00 PM  <b>EVENING:</b> 5:30 PM – 6:30 PM 6:45 PM – 7:45 PM	<b>MORNING:</b> 6:00 AM – 7:00 AM 7:00 AM – 8:00 AM  <b>NOON:</b> 12:00 PM – 1:00 PM  <b>EVENING:</b> 5:30 PM – 6:30 PM	<b>MORNING:</b> 9:00 AM – 10:00 AM 10:00 AM – 11:00 AM