



OUR SCHEDULE

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