

Kraken Sherwood Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM 45 minute class	Group Class	Group Class	Group Class	Group Class	Group Class		
6:00 AM	Group Class	Group Class	Group Class	Group Class	Group Class	8:00 AM Group Class	
9:00 AM	Group Class	Group Class	Group Class	Group Class	Group Class		
12:00 PM	Group Class	Group Class	Group Class	Group Class	Group Class		
4:30 PM	Group Class	Group Class	Group Class	Group Class	Group Class		
5:30 PM	Group Class	Group Class	Group Class	Group Class	Group Class		

STRENGTH