

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM	00 15 30 45							
6AM	00 15 30 45			STRENGHT AND PERFORMANCE FOR ADULTS		STRENGHT AND PERFORMANCE FOR ADULTS		
7AM	00 15 30 45			STRENGHT AND PERFORMANCE FOR ADULTS		STRENGHT AND PERFORMANCE FOR ADULTS		
8AM	00 15 30 45							
9AM	00 15 30 45					CARDIO STEP		MINDFULNESS YOGA
10AM	00 15 30 45					BARRE		
11AM	00 15 30 45						ATHLETE PREP	
12PM	00 15 30 45						ATHLETE PREP	
1PM	00 15 30 45						ATHLETE PREP	
2PM	00 15 30 45							
3PM	00 15 30 45		ATHLETE PREP		ATHLETE PREP			
4PM	00 15 30 45		ATHLETE PREP		ATHLETE PREP			
5PM	00 15 30 45		STRENGHT AND PERFORMANCE FOR ADULTS		STRENGHT AND PERFORMANCE FOR ADULTS			
6PM	00 15 30 45		STRENGHT AND PERFORMANCE FOR ADULTS	360 MELTDOWN WITH KODY	360 MELTDOWN WITH KODY	STRENGHT AND PERFORMANCE FOR ADULTS	360 MELTDOWN WITH KODY	360 MELTDOWN WITH KODY
7PM	00 15 30 45							
8PM	00 15 30 45							

VINNIE
KERI
KODY
HEATHER