

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30 AM Tight'N'Tone		6:30 AM Tight'N'Tone		
9:00 AM Morning Rise		9:00 AM Morning Rise		9:00 AM Morning Rise	
				10:00 PM Zoom 30min Express	11:00 AM Weekender
2:00 PM Fit & Tone	2:00 PM Fit & Tone	2:00 PM Fit & Tone			
	6:15 PM Fit & Tone				