

Monday	7:00am - 8:00am MOVEMENT	11:00am - 12:00pm MOVEMENT	5:30pm - 6:30pm MOVEMENT	6:30pm - 7:30pm STRETCH
Tuesday	7:00am - 8:00am MOVEMENT	5:30pm - 6:30pm WEIGHT LIFTING	6:30pm - 7:30pm MOVEMENT	
Wednesday	7:00am - 8:00am MOVEMENT	11:00am - 12:00pm MOVEMENT	5:30pm - 6:30pm MOVEMENT	6:30pm - 7:30pm STRETCH
Thursday	7:00am - 8:00am MOVEMENT	5:30pm - 6:30pm MOVEMENT		
Friday	7:00am - 8:00am MOVEMENT	6:00pm - 7:00pm MOVEMENT		
Saturday	11:00am - 12:00pm MOVEMENT			
Sunday				

***NEW MEMBERS MUST START ON OUR DELOAD WEEKS**

Timetable is subject to change.