

MONDAY	TUESDAY	WEDNESDDAY	THURSDAY	FRIDAY
			1. 0900- Zumba (Sonoko) 1000-TRX (Brian) 1200- Kick Boxing (Brian) 1630-Hybrid boot camp (Brian) 1630- Tae Kwon Do (Bill) 18:00- Cardiovascular (Bill)	2. 0600- Performance Fitness (Brian) 09:00-Body Blast (Brian) 1200- Barbell 30 Min (Brian)
5. 0600-performance Fitness (Brian& Colton) 0900-Body Blast (Brian) 10:15-Yoga Tune Up (Linda) 1200- Barbell 30 Min Workout(Brian) 1730-Yoga Tune-up	6. 0900- Zumba (Sonoko) 1000-TRX (Brian) 1200- Kickboxing (Brian) 1630-Hybrid boot camp (Brian) 1630- Tae Kwon Do (Bill) 18:00- Cardiovascular (Bill)	7. 0600-performance Fitness (Brian) 0900-Body Blast (Brian) 10:15-Yoga Tune Up (Linda) 1200- Barbell 30 Min Workout(Brian) 1730-Yoga Tune-up (Linda)	8. 0900- Zumba (Sonoko) 1000-TRX (Brian) 1200- Kick Boxing (Brian) 1630-Hybrid boot camp (Brian) 1630- Tae Kwon Do (Bill) 18:00- Cardiovascular (Bill)	9. 0600- Performance Fitness (Brian) 09:00-Body Blast (Brian) 12:00- Barbell 30 Min (Brian)
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