

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. 0600- Performance Fitness (Brian) 09:00-Body Blast (Brian / Michelle) 12:00- Barbell 30 Min (Brian / Michelle)
4. 0600-performance Fitness (Brian) 0900-Body Blast (Brian / Michelle) 10:15-Yoga Tune Up (Linda) 1200- Barbell 30 Min Workout(Brian / Michelle) 1730-Yoga Tune-up (Linda)	5. 0900- Zumba (Sonoko) 1000-TRX (Brian / Michelle) 1200- Kickboxing (Brian / Michelle) 1630-Hybrid boot camp (Brian / Michelle) 1630- Tae Kwon Do (Bill)	6. 0600-performance Fitness (Brian) 0900-Body Blast (Brian / Michelle) 10:15-Yoga Tune Up (Linda) 1200- Barbell 30 Min Workout(Brian / Michelle) 1730-Yoga Tune-up (Linda)	7. 0900- Zumba (Sonoko) 1000-TRX (Brian / Michelle) 1200- Kick Boxing (Brian / Michelle) 1630-Hybrid boot camp (Brian / Michelle) 1630- Tae Kwon Do (Bill))	9. Graduation Day No Classes
11. 0600-performance Fitness (Brian) 0900-Body Blast (Brian / Michelle) 10:15-Yoga Tune Up (Linda) 1200- Barbell 30 Min Workout(Brian / Michelle) 1730-Yoga Tune-up (Linda)	12. 0900- Zumba (Sonoko) 1000-TRX (Brian / Michelle) 1200- Kickboxing (Brian / Michelle) 1630-Hybrid boot camp (Brian / Michelle) 1630- Tae Kwon Do (Bill)	13. 0600-performance Fitness (Brian) 0900-Body Blast (Brian / Michelle) 10:15-Yoga Tune Up (Linda) 1200- Barbell 30 Min Workout(Brian / Michelle) 1730-Yoga Tune-up (Linda)	14. 0900- Zumba (Sonoko) 1000-TRX (Brian / Michelle) 1200- Kickboxing (Brian / Michelle) 1630-Hybrid boot camp (Brian / Michelle) 1630- Tae Kwon Do (Bill)	15. 0600- Performance Fitness (Brian) 09:00-Body Blast (Brian / Michelle) 12:00- Barbell 30 Min (Brian / Michelle)
18. 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)	19. 1000-TRX (Brian) 1200- Kickboxing (Brian) 1630-Hybrid boot camp (Brian) 1630- Tae Kwon Do (Bill)	20. 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)	21. 1000-TRX (Brian / Michelle) 1200- Kickboxing (Brian / Michelle) 1630-Hybrid boot camp (Brian / Michelle) 1630- Tae Kwon Do (Bill)	22. 0600- Performance Fitness (Brian) 09:00-Body Blast (Brian) 12:00- Barbell 30 Min (Brian / Michelle)
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