


























	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
8:30 AM							
9:00 AM			CYCLONE	 EXPRESS 30			
9:30 AM							
10:00 AM		 EXPRESS 30					
10:30 AM		AQUA		AQUA 		AQUA	
4:30 PM		CYCLONE					
5:30 PM		 EXPRESS 30					
6:00 PM							
6:30 PM	yoga			yoga			