|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ▼ | MON | TUE | WED | THU | FRI | SAT | SUN |
|  |  |  |  |  |  |  |  |
| MORNI­­­NG | 6:00am-6:45am  **L&F.gif** | 6:00am-6:45am  **L&F.gif** | 6:00am-6:45am  **L&F.gif** | 6:00am-6:45am  **L&F.gif** | 6:00am-6:45am  **L&F.gif** |  |  |
| 8:15am-9:00am  **L&F.gif** |  | 8:15am-9:00am  **L&F.gif** |  | 8:15am- 9:00am  **L&F.gif** | 8:00am-8:45am  **L&F.gif** |  |
| 9:15am-10:00am  **L&F.gif** | 9:15am-10:00am | 9:15am-10:00am  **L&F.gif** | 9:15am-10:00am | 9:15am-10:00am  **L&F.gif** | 9:00am- 9:45am  **L&F.gif** | 9:00am-9:45am  **L&F.gif** |
| 10:15am-11:00am  L&F4.gif | 9:15am-9:40am | 10:15am-11:00am  L&F4.gif |  | 10:15am-11:00am L&F4.gif | 10:00am-10:45am  **L&F.gif** | 10:00am-10:45am  **L&F.gif** |
|  |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  | 11:00am-11:45am |  |
|  | 12:00pm-12:45pm  **L&F.gif** |  | 12:00pm-12:45pm  **L&F.gif** |  | 11:00am-11:25am |  |
|  |  |  |  |  |  |  |  |
| EVENING | 4:30pm-5:15pm | 5:00pm-5:45pm |  | 5:00pm-5:45pm |  |  |  |
| 4:45pm-5:30pm  **L&F.gif** | 5:00pm-6:00pm  Strength.gif | 5:00pm-5:45pm  **L&F.gif** | 5:00pm-6:00pm  Strength.gif | 5:30pm-6:15pm  **L&F.gif** |  |  |
| 5:30pm-6:15pm  **L&F.gif** | 5:30pm-6:15pm  **L&F.gif** | 6:00pm-6:45pm  **L&F.gif** | 6:15pm-7:00pm  **L&F.gif** |  |  |  |
| 6:15pm-7:00pm  **L&F.gif** | 6:15pm-7:00pm  **L&F.gif**  7:00pm-7:45pm  **L&F.gif** | 6:45pm-7:45pm | 7:00pm-7:45pm  **L&F.gif** |  |  |  |