

Monday		Tuesday		Wednesday		Thursday		Friday	
0700-0730	TFH	0700-0730	Core	0700-0730	Core	0700-0730	TFH	0700-0730	Core
0740-0810	Core	0740-0810	TFH	0740-0810	Suspension	0740-0810	Suspension	0740-0810	Suspension
0810-0840	Core	0810-0840	Suspension	0810-0840	TFH	0810-0840	Core	0810-0840	TFH
1130-1200	Core	1130-1200	Suspension	1130-1200	Suspension	1130-1200	Suspension	1130-1200	TFH
1210-1240	ABT	1210-1240	TFH	1210-1240	TFH	1205-1250	Strength	1210-1240	TFH
1245-1330	Strength	1240-1310	TFH	1240-1310	TFH	1255-1325	Core	1240-1310	Core
1800-1845	Strength	1400-1500	TaiChi	1800-1845	Strength	1500-1600	QiGong	1800-1845	Strength
1850-1920	Suspension			1850-1920	TFH			1850-1920	TFH
1925-2000	TFH	1800-1845	Strength			1800-1845	Strength		
		1850-1920	TFH			1850-1920	Suspension		
		1925-2000	Core			1925-2000	Core		
Saturday		Sunday							
1230-1315	Strength	1030-1100	TFH						
		1105-1150	Strength						

