

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01 	02	03	04
				6:15am Smokey HIIT	6:15am Streaker	8am Streaker
				12:10pm Gladwin		9am Smokey
				5:45pm Streaker/Kham		12 pm Streaker
05	06	07	08	09	10	11
			5:15am Streaker			8am Streaker
9am Streaker/Vernon	6:15am Streaker	6:15am Gladwin	6:15am Streaker/Mickey	6:15am Smokey HIIT	6:15am Streaker	9am Smokey
10am STREAKERED/Rah	12:30pm Streaker/Mickey		12:10pm Gladwin	12:10pm Gladwin		12 pm Streaker
	5:45pm Streaker	5:45pm Streaker/Kham	5:45pm Streaker/Rosita	5:45pm Streaker/Kham	5:45pm Streaker/Vern	
12	13	14	15	16	17	18
			5:15am Streaker			8am Khamani
9am Streaker/Vernon	6:15am Streaker	6:15am Gladwin	6:15am Streaker/Mickey	6:15am Smokey HIIT	6:15am Streaker	9am Smokey
10am STREAKERED/Rah	12:30pm Streaker/Mickey		12:10pm Gladwin	12:10pm Gladwin		12pm Vernon
	5:45pm Streaker	5:45pm Streaker/Kham	5:45pm Streaker/Rosita	5:45pm Streaker/Kham	5:45pm Streaker/Vern	
19	20	21	22	23	24	25
			5:15am Rosita			8am Khamani
9am Vernon	6:15am Vernon	6:15am Gladwin	6:15am Mickey	6:15am Smokey HIIT	6:15am Smokey	9am Smokey
	12:30pm Mickey		12:10pm Gladwin	12:10pm Gladwin		12pm Vernon
	5:45pm Rosita	5:45pm Khamani	5:45pm Rosita	5:45pm Khamani	5:45pm Vernon	
26	27	28	29	30	31	01
			5:15am Streaker			
9am Vernon	6:15am Streaker	6:15am Gladwin	6:15am Mickey	6:15am Smokey HIIT	6:15am Streaker	
10am Farah HIIT	12:30pm Mickey		12:10pm Gladwin	12:10pm Gladwin		
	5:45pm Streaker	5:45pm Khamani	5:45pm Rosita	5:45pm Khamani	5:45pm Vernon	

Coach subject to change

45 min classes except 30 min HIIT & STREAKERED classes

Tel: 532-7746