

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6AM - 6:45 AM	(A) OBST ACLE TRAIN ING	(B) HII T	(B) OBST ACLE TRAIN ING	(A) STRENGT H& CONDITI ONING	(A) OBST ACLE TRAIN ING	(B) CROS SFIT BASE D	(B) OBST ACLE TRAIN ING	(A) HII T	(A) OBST ACLE TRAIN ING	(B) STRENGT H& CONDITI ONING	(B) OBST ACLE TRAIN ING	(A) CROS SFIT BASE D
7AM - 7:45 AM	(C) OBST ACLE TRAIN ING	(D) HII T	(D) OBST ACLE TRAIN ING	(C) STRENGT H& CONDITI ONING	(C) OBST ACLE TRAIN ING	(D) CROS SFIT BASE D	(D) OBST ACLE TRAIN ING	(C) HII T	(C) OBST ACLE TRAIN ING	(D) STRENGT H& CONDITI ONING	(D) OBST ACLE TRAIN ING	(C) CROS SFIT BASE D
8AM - 8:45 AM	(E) OBST ACLE TRAIN ING	(F) HII T	(F) OBST ACLE TRAIN ING	(E) STRENGT H& CONDITI ONING	(E) OBST ACLE TRAIN ING	(F) CROS SFIT BASE D	(F) OBST ACLE TRAIN ING	(E) HII T	(E) OBST ACLE TRAIN ING	(F) STRENGT H& CONDITI ONING	(F) OBST ACLE TRAIN ING	(E) CROS SFIT BASE D
9AM - 9:45 AM	(G) OBST ACLE TRAIN ING	(H) HII T	(H) OBST ACLE TRAIN ING	(G) STRENGT H& CONDITI ONING	(G) OBST ACLE TRAIN ING	(H) CROS SFIT BASE D	(H) OBST ACLE TRAIN ING	(G) HII T	(G) OBST ACLE TRAIN ING	(H) STRENGT H& CONDITI ONING	(H) OBST ACLE TRAIN ING	(G) CROS SFIT BASE D
10A M - 3PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
3PM - 3:45 PM	(I) OBST ACLE TRAIN ING	(J) HII T	(J) OBST ACLE TRAIN ING	(I) STRENGT H& CONDITI ONING	(I) OBST ACLE TRAIN ING	(J) CROS SFIT BASE D	(J) OBST ACLE TRAIN ING	(I) HII T	(I) OBST ACLE TRAIN ING	(J) STRENGT H& CONDITI ONING	(J) OBST ACLE TRAIN ING	(I) CROS SFIT BASE D
4pm - 4:45 pm	Ninja kids fit (A) MIX		Ninja kids fit (C) MIX		Ninja kids fit (A) MIX		Ninja kids fit (C) MIX		Ninja kids fit (A) MIX		Ninja kids fit (C) MIX	
5pm - 5:45 pm	Ninja kids fit (B) MIX		Ninja kids fit (D) MIX		Ninja kids fit (B) MIX		Ninja kids fit (D) MIX		Ninja kids fit (B) MIX		Ninja kids fit (D) MIX	
6PM - 6:45 PM	(K) OBST ACLE TRAIN ING	(L) HII T	(L) OBST ACLE TRAIN ING	(K) STRENGT H& CONDITI ONING	(K) OBST ACLE TRAIN ING	(L) CROS SFIT BASE D	(L) OBST ACLE TRAIN ING	(K) HII T	(K) OBST ACLE TRAIN ING	(L) STRENGT H& CONDITI ONING	(L) OBST ACLE TRAIN ING	(K) CROS SFIT BASE D