

Team Training / Specialty Class



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>6:00 AM</u>	Afterburn (Lisa)	Industrial Strength (Ted)		Afterburn (Lane)		
<u>8:30AM</u>	Afterburn (Sarah)	Industrial Strength (Bobbie)			Afterburn (Jessica)	Foundations (Sergio)
<u>9:30 AM</u>	Industrial Strength (Gretchen)		Afterburn (Lisa)			Afterburn (Sergio)
<u>4:30 PM</u>				Afterburn (Ted)		
<u>5:30 PM</u>	Afterburn (Kimberly)	Industrial Strength (Sergio)	Afterburn (Sergio)	Afterburn (Sergio)		
<u>6:30 PM</u>	Industrial Strength (Luis)	Afterburn (Gretchen)		Industrial Strength (Gretchen)		