

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY**

5:05 AM		<b>FIT</b> JEFF (TU/TH)	<b>FIT</b> JEFF (WED/FRI)	<b>FIT</b> JEFF (TU/TH)	<b>FIT</b> JEFF (WED/FRI)		
6:00 AM	<b>LIFE</b> ROBERTA (M/W)		<b>LIFE</b> ROBERTA (M/W)		<b>FIT</b> RICK (FRI/SUN)		
6:15 AM	<b>FIT</b> MATT 6AM 1 DAY	<b>FIT</b> JEFF T/TH		<b>FIT</b> JEFF T/TH		<b>TRIBE</b> 7 am – 8am	
7:30 AM	<b>FIT</b> JAQ M/W/F	<b>FIT</b> RACHEL T/TH/SAT	<b>FIT</b> JAQ M/W/F	<b>FIT</b> RACHEL T/TH/SAT	<b>FIT</b> JAQ M/W/F		<b>FIT</b> RICK (FRI/SUN) 8AM
8:35 AM	<b>FIT</b> LAUREN M/W/F		<b>FIT</b> LAUREN M/W/F		<b>FIT</b> LAUREN M/W/F	<b>FIT</b> RACHEL T/TH/S 8:30 AM	
8:40 AM		<b>LIFE</b> KIM T/TH		<b>LIFE</b> KIM T/TH			
9:35 AM	<b>CORE</b> LAUREN M/W 9:45	<b>FIT</b> MATT T/TH	<b>CORE</b> LAUREN M/W 9:45	<b>FIT</b> MATT T/TH	<b>CORE</b> LAUREN M/W/F (9:45)		
4:30 PM		<b>FIT</b> SUMMER T/TH		<b>FIT</b> SUMMER T/TH			
6:00 PM	<b>LIFE</b> ROBERTA (M/W) 5:35	<b>FIT</b> JEFF T/TH	<b>LIFE</b> ROBERTA (M/W) 5:35	<b>FIT</b> JEFF T/TH			

**SEASON 6 OCTOBER 17<sup>TH</sup> - DECEMBER 10<sup>TH</sup>**