

MONDAY

TUESDAY























WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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

SEASON 4

JUNE 26TH – AUGUST 19TH