

FUNCTIONAL TRAINING PROGRAM

CLASS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
5:15am	5:15am	5:15am	5:15am	5:15am	8:00am	8:00am
6:00am	6:00am	6:00am	6:00am	6:00am		
8:00am	8:00am	8:00am	8:00am	8:00am		
9:00am	9:00am	9:00am	9:00am	9:00am		
5:15pm	5:15pm	5:15pm	5:15pm			