

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM 05							
06	Co-Ed Training: 5:30... Ruben Lopez	Co-Ed Training: 5:30... Ruben Lopez	Co-Ed Training: 5:30... Ruben Lopez		Co-Ed Training: 5:30... Ruben Lopez		
07							
08	Co-Ed Training: 8:00... Anna Kidwell		Co-Ed Training: 8:00... Anna Kidwell		Co-Ed Training: 8:00... Anna Kidwell		
09						Co-Ed Training: 9:00... Lizi Riley	
10							
11							
PM 12							
01							
02							
03							
04							
05	Co-Ed Training: 5:00... David Riley	Co-Ed Training: 5:00... David Riley	Co-Ed Training: 5:00... David Riley	Co-Ed Training: 5:00... David Riley	Co-Ed Training: 5:00... David Riley		
06	Open Gym: 6:00 PM ... Lizi Riley		Open Gym: 6:00 PM ... David Riley	Open Gym: 6:00 PM ... Lizi Riley			
07							