

<u>Last Name</u>	<u>First Name</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Total</u>
Cangelose	Leah			5:30pm - 6:30pm 5:30pm - 6:30pm				2 hours
Coleman	Kevin	5:30 - 6:30pm 5:30 - 6:30pm						2 hours
Dinges	Barbara		9:30 - 10:30am 9:30 - 10:30am		9:30am - 10:30am 9:30am - 10:30am			2 hours
Ibanez	Jamie				5:30pm - 7pm 5:30pm - 7pm	8am - 9am 8am - 9am		5 hours
Meyer	Holly		5:30pm - 6:30pm 5:30pm - 6:30pm				9:15am - 10:45am	3.5 hours
Newman	Glenda		12pm - 1pm 12pm - 1pm	10am - 12pm 10am - 12pm	9:45-10:45am & 12-1pm 9:45-10:45am & 12-1pm	10am - 11am 10am - 11am		12 hours
Sun	Leigh						9:15 - 10:45am 9:15 - 10:45am	1.5 hours
Underwood	Janice	9:40 - 11am 9:40 - 11am						2.66 hours
Vicente	Veronica	6am - 7am 6am - 7am	7am - 8am 7am - 8am	6am - 7am 6am - 7am	11am - 12pm 11am - 12pm	6am - 7:20am 6am - 7:20am		5.33 hours
Warren	Corey	6pm - 7pm 6pm - 7pm	8-9am & 11am-12pm 8-9am & 11am-12pm					6 hours
Wedemeyer	Ron		6am - 7am 6am - 7am					2 hours
West	Carey			11am - 12pm 11am - 12pm				2 hours

Feb 1 - 9am BOOT CAMP!
10am Core Training
with Holly

Feb 8 - 9:15am Power Cycle
10am Core Training

with Glenda

Feb 15 - 9am BOOT CAMP!
10am Core Training
with Holly

Feb 22 - 9:15am STRONG & Spar
10am Fit Flow
with Kristy

Feb 29 - Leap Day - once-in-4-years' workout!
9am BOOT CAMP!
10am Core Training
with Holly