



FIT365 (30 min)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	FIT365	FIT365	FIT365	FIT365	FIT365	
5:45 AM	MOBILITY	MOBILITY	MOBILITY	MOBILITY	MOBILITY	
6:00AM	FIT365	FIT365	FIT365	FIT365	FIT365	
						FIT365
9:00 AM	FIT365		FIT365		FIT365	MOBILITY
9:35 AM	FIT365	FIT365	FIT365	FIT365	FIT365	
12:15 PM	FIT365	FIT365	FIT365	FIT365	FIT365	
4:30 PM	FIT365	FIT365	FIT365	FIT365		
4:45 PM					FIT365	
5:30 PM	FIT365	FIT365	FIT365	FIT365		

7:45 AM
8:15 AM

DAWG SQUAD (60 min)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	DAWG SQUAD	DAWG SQUAD	DAWG SQUAD	DAWG SQUAD	DAWG SQUAD	
6:00 AM	DAWG SQUAD	DAWG SQUAD	DAWG SQUAD	DAWG SQUAD	DAWG SQUAD	
						DAWG SQUAD
12:15 PM	DAWG SQUAD	DAWG SQUAD	DAWG SQUAD	DAWG SQUAD	DAWG SQUAD	
4:00 PM	DAWG SQUAD	DAWG SQUAD	DAWG SQUAD	DAWG SQUAD		

8:30 AM

*** Effective January 15, 2023 ***