



Live Love Flow
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Spring Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	CYCLE 60 Jeannie	Cycle + Flow Kaija	CYCLE 60 Don	Cycle + Flow Kaija	CYCLE 60 Don		
6:00 AM	FLOW Bree		FLOW Bree		FLOW Bree		
8:00 AM						FLOW Morgan	
8:30 AM						Cycle + Flow Cheyenne	Cycle + Flow Cheyenne
9:00 AM	CYCLE 45 Kelly	CYCLE 45 Kaija	CYCLE 45 Kelly	CYCLE 45 Kaija	CYCLE 45 Cheyenne		
9:30 AM						CYCLE 60 Jeannie	CYCLE 60 Daniel
9:45 AM	FLOW Tammera	FLOW Jocelyn	FLOW + SMR Tammera	FLOW Jocelyn	FLOW Tammera		12PM FLOW + SMR Tammera
10:30 AM						FLOW Morgan	FLOW Tammera
4:30 PM	FLOW Jay	FLOW Jocelyn	FLOW CJ	FLOW Jennifer	FLOW Bree	FLOW Jay	FLOW Jocelyn
5:30 PM	CYCLE 45 Brittany N	CYCLE 45 Brittany P	CYCLE 45 Brittany N	CYCLE 45 Brittany P	CYCLE 45 Daniel		
6:15 PM	FLOW FIT Max	FLOW CJ	FLOW FIT Max	FLOW CJ	FLOW + SMR Katrina		
6:30 PM		CYCLE 45 Brittany P		CYCLE 45 Brittany P			
7:30 PM	FLOW Max	FLOWStretch CJ	FLOW Max	FLOWStretch CJ			