



LTC FAST FEED SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	2.5-3.0 COED 9:00-10:30am Robin		<i>starts 9/6</i> 3.0-3.5 COED 9:00-10:30am Franklin	3.0-4.0 COED 9:30-11:00am Robin			
			3.5-4.0 COED 11:00am-12:30pm James		3.0-3.5 COED 10:30am-12:00pm Alejandro	3.0-4.0 COED 11:00am-12:30pm Robin	3.5-4.0 COED 11:00am-12:30pm James
MID-DAY	3.0-4.0 COED 12:00-1:30pm Robin	4.0+ COED 12:30-2:00pm Raj	4.0+ COED 12:00-1:30pm Robin	4.0+ COED 12:30-2:00pm Miguel	4.0+ COED 12:00-1:30pm Brandon		2.5-3.0 COED 11:30am-1:00pm Raj
					3.0-4.0 COED 12:00-1:30pm Robin		3.0-3.5 COED 1:00-2:30pm Robin
EVENING	3.0-4.0 COED 7:00-8:30pm Robin	3.5-4.0 COED 6:00-7:30pm Franklin		3.0-4.0 COED 6:30-8:00pm Robin	3.5-4.5 COED 6:30-8:00pm Robin		
	<i>starts 9/11</i> 2.5-3.0 COED 7:30-9:00pm Franklin						

BLAIRWOOD FAST FEED SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING			2.0-2.5 COED 9:30-11:00am Jose			3.5-4.0 MEN 8:30-10:00am Brandon	
						3.5-4.0 COED 9:00-10:30am Jose	
						3.0-3.5 COED 10:30am-12:00pm Jose	
MID-DAY	NEW 3.5+ COED 12:00-1:30pm Brandon		NEW 3.5+ COED 12:00-1:30pm Jose		NEW 3.5+ COED 12:00-1:30pm Jose		
	CARDIO (all levels) 12:00-1:00pm Chuck		CARDIO (all levels) 12:30-1:30pm Chuck		CARDIO (all levels) 12:00-1:00pm Chuck		
EVENING		3.0-4.0 COED 6:00-7:30pm Jose		3.5+ COED 7:30-9:00pm Brandon			