

LTC FAST FEED SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING			3.0-3.5 COED 9:00-10:30am Miguel	3.0-4.0 COED 9:30-11:00am Robin			
			3.0-3.5 COED 11:00am-12:30pm James	3.0-3.5 COED 11:00am-12:30pm Raj	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
		3.5-4.0 COED 11:00am-12:30pm Robin		4.0+ COED 11:00am-12:30pm Robin			2.5-3.0 COED 11:30am-1:00pm Raj
MID-DAY	3.0-4.0 COED 12:00-1:30pm Robin		4.0+ COED 12:00-1:30pm Robin		3.0-4.0 COED 12:00-1:30pm Robin		
	4.0 & UP COED 12:30-2:00pm Raj				4.0+ COED 12:00-1:30pm Raj		3.5-4.0 COED 1:00-2:30pm Robin
EVENING	2.5-3.0 COED 6:30-8:00pm Raj	3.5-4.0 COED 6:00-7:30pm Raj	3.5-4.0 COED 6:30-8:00pm Robin	3.0-4.0 COED 6:30-8:00pm Robin	3.5-4.5 COED 6:30-8:00pm Robin		
	3.0-4.0 COED 7:00-8:30pm Robin						

BLAIRWOOD FAST FEED SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						4.0-4.5 MEN 8:30-10:00am Tyler	
		3.5-4.0 WOMEN 9:30-11:00am Rob	2.0-2.5 WOMEN 9:30-11:00am Jose	3.5-4.0 WOMEN 9:30-11:00am Rob	3.5-4.0 COED 9:30-11:00am Rob	3.5-4.0 COED 9:00-10:30am Jose	
						3.0-3.5 COED 10:30am-12:00pm Jose	
						3.5-4.0 WOMEN 10:30am-12:00pm Rob	
MID-DAY	CARDIO (all levels) 12:00-1:00pm Chuck		3.5-4.0 COED 12:00-1:30pm Rob		3.5-4.0 COED 12:00-1:30pm Rob		
			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					