

**STARTS
NOV
28**

FALL 2018 - SPRING 2019

LTC FAST FEED SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	2.5-3.0 COED 9:30-11:00am Robin	NEW 2.5-3.0 COED 9:00-10:30am Franklin	3.0-3.5 COED 9:00-10:30am Franklin	3.0-4.0 COED 9:30-11:00am Robin	3.0-4.0 COED 9:00-10:30am Rob		
	NEW 3.5-4.0 COED 9:30-11:00am Franklin		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 Raj		2.5-3.0 COED 11:30am-1:00pm Raj
				NEW 3.0-3.5 COED 12:30-2:00pm Franklin	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 Raj		3.0-4.0 COED 6:30-8:00pm Robin	3.5-4.5 COED 6:30-8:00pm Robin		
	2.5-3.0 COED 7:30-9:00pm Raj						

BLAIRWOOD FAST FEED SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	3.0-4.0 COED 9:30-11:00am Rob		2.0-2.5 COED 9:30-11:00am Jose			3.5-4.0 MEN 8:30-10:00am Tyler	
						3.5-4.0 COED 9:00-10:30am Jose	
						3.0-3.5 COED 10:30am-12:00pm Jose	
				3.0-4.0 COED 11:30am-1:00pm Rob		3.0-4.0 LADIES 10:30am-12:00pm Rob	
MID-DAY		3.0-4.0 COED 12:00-1:30pm Rob	3.5+ COED 12:00-1:30pm Jose		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		3.0-4.0 COED 1:00-2:30pm Chuck
EVENING		3.0-4.0 COED 6:00-7:30pm Jose					