

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9- 9:55am Samone	9-9:55am Eric	8 - 8:55am Samone	Intermediate 9- 9:55am Eric	5:30am- 6:25am Eric	The Gyrokinesis® Method 9:30am- 10:55am Eric	11am - 11:55am Shannon
			5:30pm - 6:25pm Shannon	4:30pm- 5:25pm Kate		
				6:30pm- 7:25pm Kate		