



MON	TUES	WED	THUR	FRI	SAT	SUN
<b>5:45-6:45 AM</b> <b>TUFF</b> Lisa Ulley	<b>5:45-6:45 AM</b> <b>TUFF</b> Mike Louros	<b>5:45-6:45 AM</b> <b>TUFF</b> Mike Louros	<b>5:45-6:45 AM</b> <b>TUFF</b> Jon Portilla	<b>5:45-6:45 AM</b> <b>TUFF</b> Lisa Ulley	<b>8:15-9:15 AM</b> <b>TUFF</b> John Foosh	<b>9:30-10:30 AM</b> <b>TUFF</b> Jon Portilla
					<b>9:30-10:30 AM</b> <b>TUFF</b> Elan Kheyman	
					<b>10:45-11:45 AM</b> <b>TUFF</b> Jon Portilla	
<b>4:30-5:30 PM</b> <b>TUFF</b> Mike Louros	<b>5:30-6:30 PM</b> <b>TUFF</b> Jon Portilla	<b>4:30-5:30 PM</b> <b>TUFF</b> Elan Kheyman	<b>5:30-6:30 PM</b> <b>TUFF</b> Jon Portilla	<b>5:15-6:15 PM</b> <b>TUFF</b> Elan Kheyman		
<b>5:30-6:30 PM</b> <b>TUFF</b> Jon Portilla		<b>5:30-6:30 PM</b> <b>TUFF</b> Jon Portilla				
<b>7:00-8:00 PM</b> <b>TUFF</b> Frank D'Agostino	<b>7:00-8:00 PM</b> <b>TUFF</b> Elan Kheyman	<b>7:00-8:00 PM</b> <b>TUFF</b> Frank D'Agostino	<b>7:00-8:00 PM</b> <b>TUFF</b> Lisa Ulley			
<b>8:00-9:00 PM</b> <b>TUFF</b> Frank D'Agostino	<b>8:00-9:00 PM</b> <b>TUFF</b> Elan Kheyman	<b>8:00-9:00 PM</b> <b>TUFF</b> Elan Kheyman				

TUFF - Transform Ultimate Functional Fitness

