



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

TUFF - Transform Ultimate Functional Fitness

