



MON	TUES	WED	THUR	FRI	SAT	SUN
5:45-6:45 AM TUFF Lisa Ulley	5:45-6:45 AM TUFF Mike Louros	5:45-6:45 AM TUFF Mike Louros	5:45-6:45 AM TUFF Mike Louros	5:45-6:45 AM TUFF Lisa Ulley	8:15-9:15 AM TUFF John Foosh	9:00-10:00 AM TUFF Jon Portilla
8:30-9:30 AM TUFF Lisa Ulley		8:30-9:30 AM TUFF Jon Portilla		8:30-9:30 AM TUFF Vincent Narog	9:00-10:00 AM Barbell Kevin Lee	10:00-11:00 AM TUFF Mike Louros
4:30-5:30 PM TUFF Vincent Narog	5:30-6:30 PM TUFF John Foosh	4:30-5:30 PM TUFF Elan Kheyman	5:30-6:30 PM TUFF Jon Portilla		9:30-10:30 AM TUFF Elan Kheyman	
5:30-6:30 PM TUFF Vincetn Narog		5:30-6:30 PM TUFF Jon Portilla		5:00-6:00 PM TUFF Frank D'Agostino	10:45-11:45 PM TUFF Jon Portilla	
6:00-7:00 PM Barbell Kevin Lee	6:00-7:00 PM YOGA Diane Graziosa	6:00-7:00 PM Barbell Kevin Lee		6:00-7:00 PM TUFF Frank D'Agostino		
6:00-7:00 PM TECH Brian Harrington (Improve Technique)		6:00-7:00 PM TECH Mike Louros (Improve Technique)				
7:00-8:00 PM TUFF Frank D'Agostino	7:00-8:00 PM TUFF Elan Kheyman	7:00-8:00 PM TUFF Frank D'Agostino	7:00-8:00 PM TUFF Kevin Lee			
8:00-9:00 PM TUFF Frank D'Agostino	8:00-9:00 PM TUFF Lisa Ulley	8:00-9:00 PM TUFF Elan Kheyman	8:00-9:00 PM TUFF Jon Portilla			

TUFF - Transform Ultimate Functional Fitness / **Barbell** - Team Transform Barbell Club / **TECH** - Technical TUFF / **YOGA** - Stregnthen and Stretch

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