

GYM	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
8:55-9:26		7//8M 8F	6K	6K/7R		6K/7R
9:26-9:57	PREK	7/8M 8F	6K	6K/7R	PREK	6K/7R
9:57-10:28						
10:28-10:43	BREAK					
10:43-11:14	4L/4/5R	3C/3E	4L/4/5R	3C/3E	4L/4/5R	3C/3E
11:14-11:45	4L/4/5R	3C/3E	4L/4/5R	3C/3E	4L/4/5R	3C/3E
11:45-12:35	LUNCH					
12:35-1:06	KCB	KCW	KCB	KCW	KCB	KCW
1:06-1:37	1H/1T	5H/5/6Z	1H/1T	5H/5/6Z	1H/1T	5H/5/6Z
1:37-2:08	1H/1T	5H/5/6Z	1H/1T	5H/5/6Z	1H/1T	5H/5/6Z
2:08-2:23	BREAK					
2:23-2:54	7//8M 8F	2P/2N	7R	7//8M 8F	2P/2N	2P/2N
2:54-3:25	7/8M 8F	2P/2N	7R	7/8M 8F	2P/2N	2P/2N