

**STARTS
JUN
3**

SUMMER 2019

LTC FAST FEED SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	3.5-4.0 COED 9:30am-11:00am Miguel		3.0-3.5 COED 9:00-10:30am Miguel	3.0-4.0 COED 9:30-11:00am Robin	3.0-4.0 COED 9:00-10:30am Rob		
			3.5-4.0 COED 11:00am-12:30pm James	3.0-3.5 COED 11:00am-12:30pm Raj	3.0-3.5 COED 10:30am-12:00pm Alejandro	3.0-4.0 COED 11:00am-12:30pm Robin	3.5-4.0 COED 11:00am-12:30pm James
		3.5-4.0 COED 11:00am-12:30pm Robin		4.0+ COED 11:00am-12:30pm Robin			
MID-DAY	3.0-4.0 COED 12:00-1:30pm Robin		4.0+ COED 12:00-1:30pm Robin		3.0-4.0 COED 12:00-1:30pm Robin		
	4.0 & UP COED 12:30-2:00pm Raj	4.0 & UP COED 12:30-2:00pm Raj			4.0+ COED 12:30-2:00pm Raj		3.5-4.0 COED 1:00-2:30pm Robin
EVENING	3.0-4.0 COED 7:00-8:30pm Robin	3.5-4.0 COED 6:00-7:30pm Raj	3.5-4.0 COED 6:30-8:00pm Robin	3.0-4.0 COED 6:30-8:00pm Robin	3.5-4.5 COED 6:30-8:00pm Robin		
	2.5-3.0 COED 7:30-9:00pm Raj						

BLAIRWOOD FAST FEED SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	3.5-4.0 COED 9:30-11:00am Rob					4.0-4.5 MEN 8:30-10:00am Tyler	
		3.5-4.0 COED 10:30am-12:00pm Rob	2.0-2.5 WOMEN 9:30-11:00am Jose	3.5-4.0 COED 11:30am-1:00pm Rob		3.5-4.0 COED 9:00-10:30am Jose	
						3.0-3.5 COED 10:30am-12:00pm Jose	
						3.5-4.0 WOMEN 10:30am-12:00pm Rob	
MID-DAY	CARDIO (all levels) 12:00-1:00pm Chuck		CARDIO (all levels) 12:30-1:30pm Chuck		CARDIO (all levels) 12:00-1:00pm Chuck		
EVENING		3.0-4.0 COED 6:00-7:30pm Jose					