

Square One Schedule effective January 28, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		Fitness Class 5:45-6:30			Fitness Class 5:45-6:30		
						Fitness Class 8:00-8:45	
						Fitness Class 8:45-9:30	
						Accountability 8:45-9:30	
						Train Your Brain 9:30-10:15	
						Accountability 10:15-10:45	
PM	Fitness Class 5:30-6:15	Accountability 5:00-5:30	Fitness Class 5:30-6:15	Accountability 5:00-5:30			
	Fitness Class 6:30-7:15	Fitness Class 5:30-6:15	Fitness Class 6:30-7:15	Fitness Class 5:30-6:15			
		Accountability 6:15-6:45		Accountability 6:15-6:45			
		Fitness Class 6:45-7:30		Fitness Class 6:45-7:30			
		Accountability 7:30-8:00		Accountability 7:30-8:00			
		Train Your Brain 5:30-6:15					