sweat.equity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
6:00 AM	HRT.Rapidfit Amy	HRT.Rapidfit Kevin	HRT.BOX Jenn S	HRT.Rapidfit Kevin	HRT.Rapidfit Amy		
6:45 AM							
7:00 AM		HRT.Rapidfit Glenn	HRT.Rapidfit Amy				
9:00 AM	HRT.Rapidfit Daniel	HRT.Interval Julie	HRT.Rapidfit Jason	HRT.Rapidfit Amy	HRT.Interval Daniel	HRT.Rapidfit Neil	
10:15 AM							
10:30 AM	HRT.Interval Julie	HRT.BOX Erin S	HRT. Rapidfit Taylor	HRT-TreadRow Julie	HRT.BOX Erin S	**11:00 AM** HRT.Rapidfit Kevin	**12:00 NOON** HRT.Rapidfit Rotates
NOON	HRT-Rapidfit Jason	**12:15 PM** RIP:60 Mary	**12:00 PM** HRT.RapidFit Jason	**12:30 PM** RIP:60 Core Lisa	**12:30 PM** RIP:60 Mary		
4:00 PM							
5:00 PM					**5:15 pm** HRT.Interval Julie		
5:45 PM	HRT.Rapidfit Neil	5:00 PM HRT. Pulse Daniel	5:30 PM HRT.Rapidfit Glenn				
6:30 PM		HRT.Rapidfit Omar	HRT.BOX Jenn S	HRT.Rapidfit Omar			
7:00 PM	HRT.Rapidfit Omar						

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