Typical Week Fitness Lifestyle

FLPT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
6:00 AM	Mark		Mark		Mark		
7:00 AM	Rick, Jake	Kim or Chris	Rick, Jake	Chris	Rick, Jake	Chris	
8:00 AM	Ken	Chris	Ken		Ken	Kim S.	Kim S.
9:00 AM	Jim	Mike	Jim	Mike	Jim	Gary	
10:00 AM		Roberta				Haley	
11:00 AM						Cindy	
12:00 PM							
						Boot Camp	
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM			Cecilia		Cindy		
							Floaters
5:00 PM	Heather		Heather		Heather		Zach,Hunter
		Sande		Sande			Jordan
6:00 PM			Cindy		Kim S.		Lynda
	Boot Camp	Zach,Hunter		Zach,Hunter			Cecilia
7:00 PM			Lynda		Lynda		
8:00 PM							