

# Fit Future Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
M O R N I N G	<p><b>7a - 8a</b> STRENGTH &amp; SKILL</p> <p><b>8a - 8:45a</b> BASIC 5</p> <p><b>9:30a - 10:30a</b> STRENGTH &amp; SKILL</p> <p><b>11a - 12p</b> GROUND</p>	<p><b>10a - 11a</b> STRENGTH &amp; SKILL</p>	<p><b>7a - 8a</b> STRENGTH &amp; SKILL</p> <p><b>8a - 8:45a</b> BASIC 5</p> <p><b>9:30a - 10:30</b> STRENGTH &amp; SKILL</p> <p><b>11a - 12p</b> GROUND</p>	<p><b>10a - 11a</b> STRENGTH &amp; SKILL</p>	<p><b>7a - 8a</b> STRENGTH &amp; SKILL</p> <p><b>8a - 9a</b> BASIC 5 +</p> <p><b>9:30 - 10:30</b> STRENGTH &amp; SKILL</p>	<p><b>8a - 9a</b> STRENGTH &amp; SKILL</p> <p><b>9a - 9:45a</b> BASIC 5</p>
A F T E R N O O N	<p><b>NOON - 1pm</b> Postural Blueprint</p>	<p><b>NOON - 1pm</b> Restorative</p>	<p><b>NOON - 1pm</b> Postural Blueprint</p>	<p><b>NOON - 1pm</b> Restorative</p>		
E V E N I N G	<p><b>5:15 - 6:15</b> STRENGTH &amp; SKILL</p>	<p><b>5:15 - 6:15</b> STRENGTH &amp; SKILL</p> <p><b>6:15 - 7</b> BASIC 5</p>	<p><b>5:15 - 6:15</b> STRENGTH &amp; SKILL</p>	<p><b>5:15 - 6:15</b> STRENGTH &amp; SKILL</p> <p><b>6:15 - 7</b> BASIC 5</p>		