

2024 CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	GLA:D		GLA:D		GLA:D
9:00 AM		FUNCTIONAL STRENGTH		KLT (temporarily on hold)	
10:00 AM	FUNCTIONAL STRENGTH			FUNCTIONAL STRENGTH	
11:00 AM		GLA:D	PHYSIYOGA		
11:30 AM				FUNCTIONAL STRENGTH	YOGABILITY
1:00 PM				GLA:D	
5:30 PM		KLT			