

\$20/MEMBER  
\$28/NON-MEMBER

# FAST FEED SCHEDULE

## LTC FAST FEED SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	3.0-3.5 COED 9:30-11:00am Robin		3.0-3.5 COED 9:00am-10:30am Ylia	3.0-4.0 COED 9:30-11:00am Robin	2.0-2.5 COED 9:00am-10:30am Raj		
			3.5-4.0 COED 10:30am-12:00pm Ylia		3.0-4.0 COED 9:00am-10:30pm Rob	2.5-3.0 COED 10:30am-12:00pm Raj	3.5-4.0 COED 11:00am-12:30pm James
					3.0-3.5 COED 10:30am-12:00pm Davina	3.0-4.0 COED 11:00am-12:30pm Robin	
MID-DAY	3.5-4.0 COED 12:30-2:00pm Robin	4.0+ COED 12:30-2:00pm Raj	4.0+ COED 12:00-1:30pm Robin	4.0+ COED 12:30-2:00pm Darius	3.0-4.0 COED 12:00-1:30pm Robin		2.5-3.0 COED 11:30am-1:00pm Raj
				3.0-3.5 COED 12:30-2:00pm Raj	4.0+ COED 12:30-2:00pm Raj	4.0-4.5 COED 12:30-2:00pm Roberto	
EVENING	3.0-4.0 COED 7:00-8:30pm Robin	3.5-4.0 COED 6:00-7:30pm Raj		3.5-4.0 COED 6:30-8:00pm Robin	3.5-4.5 COED 6:30-8:00pm Robin		3.0-3.5 COED 1:00-2:30pm Robin
	2.5-3.0 COED 7:30-9:00pm Raj	4.5+ COED 6:00-7:30pm Matt					

## BLAIRWOOD FAST FEED SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING		<b>NEED TO CANCEL?</b> If you need to cancel your spot in a Fast Feed, you must cancel 24 hrs in advance of class to receive a club credit.				4.0-4.50 MEN 8:30-10:00am Grant		
					3.0-4.0 CO-ED 11:30am-1:00pm Kevin		3.5-4.0 CO-ED 9:00-10:30am Randyll	
	3.5-4.0 CO-ED 11:00am-12:30pm Ylia			2.5-3.0 COED 10:30am-12:00pm Vlad	4.0+ CO-ED 11:30am-1:00pm Ylia		3.0-3.5 COED 10:30am-12:00pm Randyll	2.0-2.5 CO-ED 12:30-2:00pm Ratik
MID-DAY	CARDIO (3.5+) 12:00-1:00pm Chuck		CARDIO (3.5+) 12:30-1:30pm Chuck		CARDIO (3.5+) 1:00-2:00pm Chuck		3.0-3.5 CO-ED 1:00-2:30pm Ylia	
	2.5-3.0 CO-ED 12:30-2:00pm Matt					3.0-3.5 CO-ED 11:00am-12:30pm Ylia		
EVENING		3.0-4.0 CO-ED 6:00-7:30pm Randyll						