

**STARTS
SEP
3**

LTC FAST FEED SCHEDULE

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

BLAIRWOOD FAST FEED SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	3.0-4.0 COED 10:30am-12:00pm Rob		<i>(starts in October)</i> 2.0-2.5 COED 9:30-11:00am Jose			3.5-4.0 MEN 8:30-10:00am Tyler	
						3.5-4.0 COED 9:00-10:30am Randell	
						3.0-3.5 COED 10:30am-12:00pm Randell	
			3.0-4.0 COED 11:00am-12:30pm Kevin	3.0-4.0 COED 11:30am-1:00pm Kevin			
MID-DAY					<i>(starts in October)</i> 3.5+ COED 12:00-1:30pm Jose		
	CARDIO (all levels) 12:00-1:00pm Chuck				CARDIO (all levels) 12:00-1:00pm Chuck		3.0-4.0 COED 1:00-2:30pm Chuck
EVENING		3.0-4.0 COED 6:00-7:30pm Randell					