

The FIRM®

Instructor Schedule

Week of: Monday, September 6 – Saturday, September 11

****Schedule subject to change ****

M	T	W	Th	F	Sa	Su
	6:00 FC KIM	6:00 BS MINDY		6:00 AWT KIM		
C	8:30 FC KELLY	8:30 AWT TINA	8:30 BS LOUISE	8:30 AWT REBEKAH	8:30 AWT KELLY	
L	9:30 BS LESLIE	9:30 AWT REBEKAH	9:30 FC LESLIE	9:30 AWT EMILY	9:30 BS MARI	
O				10:30 YOGA TARA		
S	12:30 AWT MARI		12:30 AWT TINA			
E						
D	4:30 FC EMILY	4:30 AWT EMILY	4:30 BS JENNIFER	4:30 BOOT CAMP CARDIO MINDY		4:30 AWT AMANDA
	5:30 CC MINDY	5:45 BS JENNIFER	5:30 CC KIM			
	6:00 AWT PAM	6:45 AWT AMANDA	6:00 AWT PAM			