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| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **5:00 am** | **0500 CrossFit**  **(Tray Blaylock)** | **0500 CrossFit**  **(Tray Blaylock)** | **0500 CrossFit**  **(Tray Blaylock)** | **0500 CrossFit**  **(Tray Blaylock)** | **0500 CrossFit**  **(Tray Blaylock)** |
| **9:30-10:45** | **Senior Volleyball**  **(Terri Ramirez)** |  | **Senior Volleyball**  **(Terri Ramirez)** |  |  |
| **3:15-4:00pm** | **Kids Fitness**  **(Tysin & Micah)** |  | **Kids Fitness**  **(Tysin & Micah)** |  | **Kids Fitness**  **(Tysin & Micah)** |
| **5:00-6:00pm** | **Yogo**  **(Marra Davis)** |  | **Yogo**  **(Marra Davis)** |  | **Yogo**  **(Marra Davis)** |
| **10:00-11:00 AM** | **CrossFit**  **(Jeremiah Kelly)** | **CrossFit**  **(Jeremiah Kelly)** | **CrossFit**  **(Jeremiah Kelly)** | **CrossFit**  **(Jeremiah Kelly)** | **CrossFit**  **(Jeremiah Kelly)** |