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| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--|--|---|--|---|--|---|
| 5:15 a.m. | Freestyle Brooke | | GROUP RIDE™ David | | Freestyle Nancy | | |
| 6:20 a.m. | |  Kama | |  Melissa | | | |
| 7:30 a.m. | Express David |  Terie | Express Justin |  Terie | Express David | | |
| 8:00 a.m. | | | | | |  Melissa | |
| 8:15 a.m. | Express David | Express Nancy | Express David | Express Nancy | Express Brooke | | |
| 10:00 a.m. | | | | | |  Sandra | |
| 10:30 a.m. | | | | | | |  Rachelle |
| 11:15 a.m. | |  Kama | |  Kama |  Kama | | |
| 3:30 p.m. | GROUP RIDE™ David | | GROUP RIDE™ Brooke | | | | |
| 4:30 p.m. | | ABC David | | ABC David | | | |
| 5:00 p.m. | |  Deborah | |  Deborah | | | |
| 5:30 p.m. |  Patty | |  Patty | | | | |
| 5:45 p.m. | |  Deborah | |  Deborah | | | |
| 6:30 p.m. | R.P.M. Nancy | | R.P.M. Nancy | | | | |