studio C so Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 a.m.	Freestyle						
	Nancy		Nicole D		Nicole D.		
7:30 a.m.	Express	R30	Express	R30	Express		
	David	David	David	David	David		
3:00 a.m.						Matt R.	
8:15 a.m.	R30	Express	R30	Express	R30		
	Deborah	Nancy	Melissa	Nancy	Melissa		
10:00 a.m.							
10:15 a.m.	Matt R.		R30 Matt R.				
l0:30 a.m.							X 30
							Rachelle
I1:15 a.m.		R30		R30			
3:30 p.m.		Kama		Kama	Matt R.		
	Kate		Kate				
4:30 p.m.		R30		R30			
		Deborah		Deborah			
5:00 p.m.					R30		
		GROUP		GROUP	Staff		
5:30 p.m.							
	Denfermente	Christina	Denfermen	Christina			
6:00 p.m.	Performance Ride Nancy		Performance Ride Nancy			2452	rgyle Rd., Redding, CA 96002