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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 a.m.	<i>Freestyle</i> Nancy		 Nicole D		 Nicole D.		
7:30 a.m.	<i>Express</i> David	 David	<i>Express</i> David	 David	<i>Express</i> David		
8:00 a.m.						 Matt R.	
8:15 a.m.	 Deborah	<i>Express</i> Nancy	 Melissa	<i>Express</i> Nancy	 Melissa		
10:00 a.m.	 Matt R.		 Matt R.				 Rachelle
11:15 a.m.		 Kama		 Kama	 Matt R.		
3:30 p.m.	 Kate		 Kate				
4:00 p.m.					 Nicole D.		
4:30 p.m.		 Deborah		 Deborah			
5:30 p.m.		 Christina		 Christina			
6:00 p.m.	Performance Ride Nancy		Performance Ride Nancy				