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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 a.m.	 BLAST Brooke	 POWER Nicole B.	 BLAST Brooke	 POWER Nicole B.	 BLAST Kama		
6:15 a.m.		 ACTIVE Sarah	 POWER David	 ACTIVE Sarah	 POWER David		
8:00 a.m.	 ACTIVE Brooke	 BLAST Kama	 ACTIVE Rachelle	 BLAST Kama	 ACTIVE Rachelle	 ACTIVE Jeanne	
9:00 a.m.	 POWER Matt	 ACTIVE Rachelle	 POWER Matt	 ACTIVE Rachelle	 fight Kama	 POWER Kate	 POWER Kate
10:00 a.m.	 ACTIVE Kama	 POWER Kama	 ACTIVE Kama	 POWER Nicole D.	 POWER Kama	 BLAST Shmuel	
11:00 a.m.	 POWER Mariah	 ZUMBA Melissa A.	 POWER Mariah	 ZUMBA Melissa A.		 ZUMBA Melissa A.	 CENTERGY Cheryl
12:00 p.m.	 CENTERGY Kama	 ACTIVE Kama	 CENTERGY Kama	 ACTIVE Kama	 CENTERGY Kama		
3:30 p.m.		 CENTERGY Cheryl		 CENTERGY Cheryl			
4:30 p.m.	 POWER Deborah	 BLAST Taylor	 POWER Deborah	 BLAST Taylor	 POWER Nicole D.		
5:30 p.m.	 fight Christina	 POWER Taylor	 fight Christina	 POWER Taylor	 CENTERGY Melissa H.		
6:30 p.m.	 POWER Christina	 CENTERGY Brooke	 POWER Christina	 CENTERGY Brooke			