

# CLASS TIMETABLE

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>0600</b>	METCON	METCON	METCON	METCON	METCON	<b>0800</b> METCON	
<b>0700</b>	METCON	METCON	METCON	METCON	FLOW	<b>0900</b> METCON	
<b>1200</b>	METCON		METCON		METCON	<b>1000</b> STRONG	PERFORM
						<b>1100</b> FLOW	PERFORM
<b>1730</b>	METCON	STRONG	METCON	PERFORM	METCON		
<b>1830</b>	STRONG	METCON	FLOW	METCON	STRONG		
<b>1930</b>	METCON	PERFORM	METCON	STRONG	METCON		