

















JUNE 2022

CLASS SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--|---|---|---|--|---|--------|
| 9:30 a.m. | | | | | |  BUILD | |
| NOON |  BUILD |  BURN |  BREATHE | |  BUILD | | |
| 5:30 p.m. |  BUILD |  BURN |  BUILD |  BURN |  BREATHE | | |
| 7:00 p.m. |  BURN |  BUILD |  BREATHE |  BUILD | | | |