

















AUGUST 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			