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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **8:30-9:30am** | **Cross**  **Training** |  | **Cross Training** |  | **Cross Training** |
|  |  |  |  |  |  |
| **4:00-4:20pm** | **Core** | **Core** | **Core** | **Core** |  |
| **4:30-5:00pm** | **Resistance Training** | **Resistance Training** | **Resistance Training** | **Resistance Training** |  |
| **5:15-6:15pm** | **Break Dancing** | **Cross Training** | **Break Dancing** | **Cross Training** |  |
| **6:20-7:20pm** | **Hatha** | **Zumba** | **Hatha** | **Zumba** |  |
| **7:25-8:25pm** | **PiYo** | **Power**  **Yoga** | **PiYo** | **Power**  **Yoga** |  |