

MONDAY TUESDAY THURSDAY FRIDAY SATURDAY WEDNESDAY STEVE 1:00pm 5:30pm 6:00pm 7:30am 7:30am 7:30am **CHRISTIAN** 8:30am 8:00am 8:00am 8:00am 8:30am 8:30am 9:00am 12:00pm 12:00pm 12:00pm 12:30pm 12:30pm 12:30pm 1:00pm 7:30am **JACKSON** 12:00pm 8:00am 8:30am 12:30pm 8:30am 9:00am 1:00pm 9:00am 9:30am 9:30am 10:00am 12:00pm 10:30am 5:30pm 5:30pm 6:00pm 12:30pm 6:30pm 1:00pm

**REVITALISE - BOUNCE - BE HEALTHY**