

30-DAY CHALLENGE!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00a		Isabel		Isabel		
5:30a	Aaron	Isabel	Aaron	Isabel		
6:00a		Isabel		Isabel		
6:30a						
7:00a						
7:30a						
8:00a	Isabel		Isabel & Stokes		Stokes	
8:15a		Logan		Logan		
8:30a		Emily		Emily		
9:00a		Tyler			Tyler	
10:00a						
10:30a						
11:30a						
12:00p						
4:30p		Isabel & Emily		Isabel & Emily		
5:00p						
5:30p						
6:00p						
6:30p						

Note:

- 1: Please fill out a New Client Packet and get a FAQ sheet to take home.
- 2: There is a maximum of 6 people to a group. We can create a new time-slot for you if you can gather a total of three friends.