

Monday	Tuesday	Wednesday	Thursday	Friday
<p>PWR! 9:45-10:30- PD and MS Blue Team</p>	<p>Empwr! Cardio 9:00-10:00 PD and MS Red Team</p>	<p>Empwr! Cardio 9:45-10:30- PD Blue Team</p>	<p>PWR! 9:00-9:45 PD Red Team</p>	<p>RSB 10:00-11:15am Red Team</p>
<p>RSB 11:00am-12:15pm Red Team</p>	<p>Tai-Chi 10:00-11:00 PD and MS</p>	<p>RSB 11:00am-12:15pm Red Team</p>	<p>Gentle Core, Strength and Tone 10:00-11:00am PD and MS</p>	<p>RSB 11:30am-12:30pm Blue Team</p>
<p>RSB 1:00-2:15pm Red Team</p>	<p>MS Fit! 11:00am-12:00pm</p>	<p>RSB 1:00-2:15pm Red Team</p>	<p>MS Fit! 11:00am-12:00pm  RSB 1:00-2:15pm Blue Team</p>	<p>MS Fit! 1:00-2:00pm</p>
<p>RSB 2:30-3:45pm Red Team</p>	<p>1:00-2:15pm Blue Team  Gentle Core, Strength and Tone 2:45-3:45 PD and MS</p>	<p>RSB 2:30-3:45pm Red Team</p>		
<p>RSB 4:00-5:15pm Red Team</p>	<p>Empwr Cardio 4:00-4:45pm- PD and MS Red Team</p>	<p>RSB 4:00-5:15pm Red Team</p>	<p>RSB 4:00-5:15pm Red Team</p>	