




















Launch Season				
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:00 AM				
COACH	Connie	Katie	Connie	Katie
7:45 AM				
COACH	Nancy	Kara In Cycle Rm	Nancy	Kara In Cycle Rm
8:45 AM				
COACH	Aubrey		Aubrey	
9:00 AM				
10:00 AM				
11:00 AM				
COACH		Kellie		Kellie
12:00 AM				
COACH	Aubrey	Katie	Aubrey	Katie
1:00 PM				
2:00 PM				
4:30 PM				
4:45 PM		Kellie		Kellie
COACH	Kara		Kara	
5:45 PM	