

	<b>MONDAY 13</b>	<b>TUESDAY 14</b>	<b>WEDNESDAY 15</b>	<b>THURSDAY 16</b>	<b>FRIDAY 17</b>	<b>SATURDAY 18</b>	<b>SUNDAY 19</b>
<b>5:30 am</b>		<b>Stages Flight</b>		<b>SPIN</b>			
<b>6:00 am</b>	<b>SPIN STRONG 45</b>		<b>SPIN STRONG 45</b>		<b>SPIN STRONG 45</b>		
<b>8:00 am</b>						<b>SPIN STRONG 45</b>	
<b>9:00 am</b>	<b>SPIN STRONG 45</b>	<b>POWER YAS</b>	<b>Stages Flight</b>	<b>SPIN &amp; POWER CORE</b>	<b>SPIN STRONG 45</b>	<b>Stages Flight</b>	<b>POWER YAS</b>
<b>10:00 am</b>	<b>SPIN &amp; POWER CORE</b>				<b>SPIN &amp; POWER CORE</b>		
<b>10:15 am</b>		<b>SPIN &amp; SPORT 30/30</b>		<b>SPIN &amp; SPORT 30/30</b>		<b>SPIN &amp; SPORT 30/30</b>	<b>Stages Flight</b>
<b>12:15 pm</b>	<b>Stages Flight</b>		<b>SPIN</b>				
<b>5:30 pm</b>	<b>Stages Flight 45</b>	<b>SPIN STRONG 45</b>	<b>Stages Flight 45</b>	<b>SPIN STRONG 45</b>	<b>Stages Flight</b>	<b>STAGES FLIGHT™</b>	
<b>6:30 pm</b>	<b>SPIN &amp; POWER CORE</b>	<b>SPIN &amp; SPORT 30/30</b>	<b>POWER YAS</b>				