



# FOUNDATIONS & CHAMPIONS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05 <sub>AM</sub>							
06 <sub>AM</sub>	CHAMPIONS	CHAMPIONS	CHAMPIONS	CHAMPIONS	CHAMPIONS		
07 <sub>AM</sub>							
08 <sub>AM</sub>							
09 <sub>AM</sub>	FOUNDATIONS CHAMPIONS	FOUNDATIONS CHAMPIONS	FOUNDATIONS CHAMPIONS	FOUNDATIONS CHAMPIONS	FOUNDATIONS CHAMPIONS	FOUNDATIONS CHAMPIONS	CHAMPIONS
10 <sub>AM</sub>						CHAMPIONS	CHAMPIONS
11 <sub>AM</sub>						ORIENTATION	CHAMPIONS
12 <sub>PM</sub>	ORIENTATION	CHAMPIONS	CHAMPIONS	CHAMPIONS		CHAMPIONS	
01 <sub>PM</sub>							
02 <sub>PM</sub>							
03 <sub>PM</sub>							
04 <sub>PM</sub>	FOUNDATIONS CHAMPIONS	FOUNDATIONS CHAMPIONS	FOUNDATIONS CHAMPIONS	FOUNDATIONS CHAMPIONS	FOUNDATIONS CHAMPIONS		
05 <sub>PM</sub>	CHAMPIONS	CHAMPIONS	CHAMPIONS	CHAMPIONS	FOUNDATIONS CHAMPIONS		
06 <sub>PM</sub>	FOUNDATIONS CHAMPIONS	FOUNDATIONS CHAMPIONS	FOUNDATIONS CHAMPIONS ORIENTATION	FOUNDATIONS CHAMPIONS	CHAMPIONS		
07 <sub>PM</sub>	CHAMPIONS	CHAMPIONS	CHAMPIONS	CHAMPIONS			
08 <sub>PM</sub>							

\*CHAMPIONS 1 HOUR / CHAMPIONS MEMBERSHIP ONLY

\*FOUNDATIONS 1 HOUR / FOUNDATIONS MEMBERSHIP ONLY

\*ORIENTATION 1 HOUR / FOUNDATIONS & CHAMPIONS