

# CLASS TIMETABLE



	MON	TUE	WED	THU	FRI	SAT
5.15AM	Hybrid RC	Full Body SR	BCC	Full Body SR	Full Body SR	7AM Saturday Smackdown
6AM	Hybrid RC	Full Body SR	BCC	Full Body SR	Full Body SR	
9.15AM	Hybrid RC	Full Body SR	BCC	Full Body SR	Full Body SR	
5PM	Hybrid RC	Full Body SR		Full Body SR		

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