

# GROUP TRAINING SCHEDULE

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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**11:30AM**

**TAEKWONDO  
MARISSA | ROOM 17**

**TAEKWONDO  
MARISSA | ROOM 17**

**12:05PM**

**STRENGTH + FLOW  
SUE | ROOM 30**