

Program Guide		Week of 10/12/20-10/18/20			
Day	Date	Description	Pros	Time	Where
Monday	10/12/20	PB Group Lessons	KK	8:00 - 9:00	DBTC
		Intro WWO	AC	9:00 - 10:00	DBTC
		After School	BW/CT	4:00 - 7:00	DBTC
		*NEW CLINIC Cardio	WS/WL	6:00 - 7:00	DBTC
		*NEW TIME WWO II	JK/AC	7:00 - 8:30	DBTC
Tuesday	10/13/20	Intro WWO	MW	9:00 - 10:00	DBTC
		After School	BW/CT	4:00 - 7:00	DBTC
		*NEW TIME Elite Program	BD	4:00 - 6:00	DBST
		*NEW DAY WWO II	WS/WL	5:30 - 7:00	DBTC
		*NEW TIME Women's Beginners	JF	5:30 - 7:00	DBTC
		*NEW TIME B2B	AC	7:00 - 8:30	DBTC
Wednesday	10/14/20	Intro WWO	AC	9:00 - 10:00	DBTC
		PB Group Lessons	KK	2:30 - 3:30	DBTC
		After School	BW/CT	4:00 - 7:00	DBTC
		*NEW CLINIC Cardio	WS/WL	6:00 - 7:00	DBTC
		*NEW TIME WWO II	JK/AC	7:00 - 8:30	DBTC
Thursday	10/15/20	PB Group Lessons	KK	8:00 - 9:00	DBTC
		Intro WWO	JK	9:00 - 10:00	DBTC
		After School	BW/CT	4:00 - 7:00	DBTC
		PB Group Lessons	KK	5:30 - 6:30	DBTC
		*NEW DAY WWO II	WS/WL	5:30 - 7:00	DBTC
		*NEW TIME B2B	AC	7:00 - 8:30	DBTC
Friday	10/16/20	Intro WWO	MW	9:00 - 10:00	DBTC
		After School	BW/CT	4:00 - 7:00	DBTC
		Mixer	JK	7:00 - 9:00	DBTC
		*NEW CLINIC Elite	BD	7:00 - 9:00	DBTC
Saturday	10/17/20	Wanna Work Out	JK/AC/MW	8:30 - 10:00	DBTC
		Mixer	BD	9:00 - 11:00	DBST
		Stroke of the Week	JK/JF	10:00 - 11:30	DBTC
Sunday	10/18/20	Mixer	JK	10:00 - 12:00	DBTC
		Elite Program	BD	1:00 - 4:00	DBST