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#### WORKOUT COLOR GUIDE

FULL BODY FIESTA

STRETCH & RESET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Full Body Fiesta					
5:30AM - 6:15AM	7:00AM - 7:45AM				
Full Body Fiesta					
6:30AM - 7:15AM	8:00AM - 8:45AM				
Full Body Fiesta					
7:30AM - 8:15AM	9:00AM - 9:45AM				
Full Body Fiesta		Full Body Fiesta		Full Body Fiesta	Stretch & Reset Class
8:30AM - 9:15AM		8:30AM - 9:15AM		8:30AM - 9:15AM	9:45AM - 10:30AM
Full Body Fiesta	SUNDAY				
9:30AM- 10:15AM	9:00AM- 9:45AM	9:30AM- 10:15AM	9:00AM- 9:45AM	9:30AM- 10:15AM	Full Body Fiesta
Full Body Fiesta	8:00AM - 8:45AM				
10:30AM- 11:15AM	10:00AM- 10:45AM	10:30AM- 11:15AM	10:00AM- 10:45AM	10:30AM- 11:15AM	
Full Body Fiesta					
4:30PM- 5:15PM	4:30PM - 5:15PM	4:30PM- 5:15PM	4:30PM - 5:15PM	4:30PM- 5:15PM	
Full Body Fiesta					
5:30PM - 6:15PM					