

# Daily Schedule

JFT LIFE 2020

Start Time	Time Blocks
7:00 AM	1h

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM							
8:00 AM			Body Attack			Zumba	
8:30 AM							
9:00 AM							Boot Camp
10:00 AM							
11:00 AM							
12:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM				Body Pump			
7:00 PM		Zumba			Glute Camp		
8:00 PM							

# Weekly Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							

