



### Cottage Grove Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 AM	TFW Group JN	TFW Group JN	TFW Group JN	TFW Group JN	TFW Group JN		
6 AM	TFW Group JN	TFW Group JN	TFW Group JN	TFW Group JN	TFW Group JN	7AM Open Workout FREE	
7-11AM	By Appoint JN	By Appoint JN	By Appoint JN	By Appoint JN	By Appoint JN	8 AM Open Workout FREE	
11 AM	TFW Group JN	TFW Group JN	TFW Group JN	TFW Group JN	TFW Group JN	9 AM Open Workout FREE	
2PM	TFW Group JN	TFW Group Waldo	TFW Group Waldo	TFW Group JN	TFW Group Waldo		
4 PM	TFW Group JN	TFW Group Waldo	TFW Group Waldo	TFW Group JN	TFW Group Waldo		
5 PM	TFW Group Waldo	TFW Group JN	TFW Group-Waldo	TFW Group-JN	TFW Group-JN		
6 PM	TFW Group-Nolan	TFW Group-Nolan	TFW Group-Waldo	TFW Group-Nolan	TFW Group Nolan		
7 PM	TFW Group Meyer	7:15 pm YOGA -TB Vinyasa	TFW Group-Waldo	TFW Group-Meyer			7:15 pm Yoga -TB Candle Lt
8 PM	By Appoint JN		By Appoint JN	8:30 pm Yoga- C Vinyasa			

**Saturday Open Workouts=** We write the workout you do it, show up during allotted time! A chance to make up a workout missed for the week or **free if you made all your work outs. Free to non-clients!**

TFW= Training For Warrior Group      TB=Theresa Behnke      JN=Jonathon Nolan  
 BW= Brian W    Meyer=Gabe Meyer      ES=Emily Stevens      C=Carrie