



## Cottage Grove Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 AM	TFW Group DK	TFW HURR Group DK	TFW Group BW	TFW HURR Group DK	TFW Group BW		
6 AM	TFW Group DK	TFW HURR Group DK	TFW Group BW	TFW HURR Group DK	TFW Group BW	7AM Metabolic/Hurricane	
7-11AM	By Appoint	By Appoint	By Appoint	By Appoint	By Appoint	8 AM Metabolic/Mobility	
11 AM	TFW Group BW	TFW HURR Group CC	TFW Group CC	TFW HURR Group BW	TFW Group CC	9 AM Metabolic/Hurricane	
2PM	TFW Group BW	TFW HURR Group CC	TFW Group CC	TFW HURR Group BW	TFW Group CC		
4 PM	TFW Group BW	TFW/HURR Group BW	TFW Group BW	TFW HURR Group BW	TFW Group BW		
5 PM	TFW Group CC	TFW/HURR BW	TFW Group BW	TFW HURR Group-BW	TFW Group-DK		
6 PM	TFW Group-CC	TFW/HURR Group-BW	TFW Group BW	TFW/HURR Mobility DK	TFW Group DK		
7 PM	TFW Group CC	7:15 pm YOGA - Vinyasa	TFW Group-BW	TFW Group-DK			7:15 Yoga Candle Lt
8 PM				8:30 pm Yoga-Vinyasa			

TFW= Training For Warrior Group  
 BW= Brian W DK= Darina Korn

TB=Theresa Behnke  
 ES=Emily Stevens

CC=Christie Calin  
 C=Carrie McAlpin