



### TFW East Metro/OHP 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	
9 AM	TFW Group DK	TFW HURR Group CC	TFW Group CC	TFW HURR Group DK	TFW Group CC	8 AM Met-30/30 Rollga	
11 AM		TFW HURR Group CC	TFW Group CC		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 30/30-Rollga 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

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

TB=Theresa Behnke

CC=Christie Calin