



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM Stephen	5:15 AM Kellye	5:15 AM Kellye	5:15 AM Kellye	5:15 AM Stephen	
6:15 AM Stephen	6:15 AM Kellye	6:15 AM Kellye	6:15 AM Kellye	6:15 AM Stephen	
8:15 AM Kellye	8:15 AM Kellye	8:15 AM David	8:15 AM Kellye	8:15 AM Marian	
9:30 AM Kellye	9:30 AM David	9:30 AM David	9:30 AM Kellye	9:30 AM Marian	9:00AM Trainer Rotation
	NOON David		NOON David		11:00AM Trainer Rotation
4:30 PM Stephen	4:30 PM Kellye	4:30 PM Stephen	4:30 PM Stephen	4:30 PM Kellye	
5:30 PM Stephen	5:30 PM Kellye	5:30 PM Stephen	5:30 PM Stephen		
7:00 PM Stephen	7:00 PM Kellye	7:00 PM Stephen	7:00 PM Stephen		