

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM			5:30 AM STUDIO CYCLE [JENNIE]				
6:00 AM 6:30 AM							
8:00 AM 8:30 AM					8:00 AM STUDIO CYCLE [ALYSSA]	8:00 AM STUDIO CYCLE [DEBRA]	
9:00 AM 9:30 AM AM	9:00 AM STUDIO CYCLE [KAREN]		9:00 AM STUDIO CYCLE [KAREN]				

PM

5:15 PM 5:30 PM	5:15 PM STUDIO CYCLE [ALYSSA]			5:15 PM STUDIO CYCLE [SONJA]			
6:30 PM 6:45 PM							