LIFEFIT Timetable

	Sessions
Monday	6:30am 9:30am 7:30pm
Tuesday	6:30am 9:30am 7:45pm
Wednesday	6:30am 9:30am 7:30pm
Thursday	6:30am 9:30am 7:30pm
Friday	6:30am 9:30am
Saturday	8:30am 2:00pm
Sunday	10:30am