

FORMULA³

SEPTEMBER 2019 - CLASS SCHEDULE

MON	9:00am 12:00pm	FORGE FLOW	5:15pm 5:45pm	FLOW FORGE
TUE	5:30am 9:00am 12:00pm	FIRE FLOW FIRE	12:15pm 5:15pm 5:45pm	FLOW FIRE FLOW
WED	6:00am 9:00am 12:00pm	FLOW FORGE FLOW	12:15pm 5:15pm 5:45pm	FORGE FLOW FORGE
THU	5:30am 9:00am 12:00pm	FORGE FLOW FIRE	12:15pm 5:15pm 5:45pm	FLOW FIRE FLOW
FRI	6:00am 9:00am 12:00pm	FLOW FIRE FLOW		
SAT	9:00am 10:00pm	FORGE/FIRE FLOW	SUN	9:00am 10:00pm FLOW FORGE/FIRE