

# FORMULA<sup>3</sup>

## SEPTEMBER 2019 - CLASS SCHEDULE

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