

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00			Q - Lisa F		Q - Lisa F		
7:30	Jump - Joan	Jump - Joan					
8:00	Q - Elayne	Q - Patty	Q - Elayne	Q - Lisa F	Q - Adv Lisa F	Q - Becca	
9:00	Jump - Elayne		Jump - Elayne	Q - Lisa F	Jump - Lisa F	Q - Becca/ Q-Adv Julia	
9:30	Q - Elayne		Q - Elayne		Q - Lisa F		Q-Elayne
10:00		Q - Patty		Q - Patty		Q - Julia	
10:30					Q - Julia		
11:00							
11:30				Q - Joan			Q Adv - Elayne
12:00							
12:30							Q - Elayne
3:00							
3:30	Q-Joan		Q - Kay				
4:00							
4:30	Q - Julia			Q - Julia			
5:30	5:40 pm Q - Julia			Q - Julia			

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7:30	Jump - Joan	Jump - Joan					
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9:00	Jump - Elayne		Jump - Elayne	Q - Lisa F	Jump - Lisa F	Q - Becca/ Q-Adv Julia	
9:30	Q - Elayne		Q - Elayne		Q - Lisa F		Q-Elayne
10:00		Q - Patty		Q- Patty		Q- Julia	
10:30					Q - Julia		
11:00							
11:30				Q - Joan			Q Adv - Elayne
12:00							
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