



**TOADAL FITNESS**  
**PRECISION CROSS TRAINING**  
**SCHEDULE**

**LIVE OAK TOADAL- AEROBICS ROOM/OUTSIDE**

<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
<b>6:30 AM - TERRI</b>	<b>6:30 AM - TERRI</b>	<b>6:30 AM - TERRI</b>

**TOADAL FITNESS**

**FIT FOR LIFE TRAINING SCHEDULE**

**LIVE OAK TOADAL- AEROBICS ROOM/OUTSIDE**

<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
<b>11 AM - TERRI</b>	<b>11 AM - TERRI</b>	<b>11 AM - TERRI</b>

**CABRILLO TOADAL - MAIN GROUP X ROOM**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>9 AM - ZACH</b>	<b>10 AM - ZACH</b>	<b>9 AM - ZACH</b>	<b>10 AM - ZACH</b>	<b>9 AM - ZACH</b>	<b>10 AM - ZACH</b>

