



Eastmont Alloy Schedule September 2019

Eastmont Alloy Schedule							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5:10 AM	Afterburn	Coach's Choice	Industrial Strength		Coach's Choice		Look for monthly \$10 program sessions TBA!
6:00 AM		Foundations		Coach's Choice			
8:30 AM	Foundations	Coach's Choice	Coach's Choice	Coach's Choice	Foundations		
10:00 AM		Foundations		Foundations			
6:00 PM	Industrial Strength	Foundations	Afterburn	Coach's Choice			