

Longspine class schedule

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
6am		Power		Power		
7am						Power
8am	Power	Power	Release	Power	Power	
9am	Power	Power	Power	Power	Power	
10am						
12pm	Longspine Basic	Longspine Basic	Release Power	Longspine Basic	Longspine Basic Power	
3:30pm	Kids Power		Kids Power			
4pm						
5pm	Power		Power			