

Week of Sept 30th - Oct 6th

09/30/19

1-Oct-19

2-Oct-19

3-Oct-19

4-Oct-19

5-Oct-19

6-Oct-19

**HITT Factory - Pleasanton**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time
Paul	5:00 AM	Paul	5:00 AM	Paul	5:00 AM	Paul	5:00 AM	Jimmy	5:00 AM	Taylor	7:30 AM	Ethel-Lynn	8:00 AM
Paul	6:00 AM	Paul	6:00 AM	Paul	6:00 AM	Paul	6:00 AM	Jimmy	6:00 AM	Taylor	8:30 AM	Ethel-Lynn	9:00 AM
Paul	7:00 AM	Paul	7:00 AM	Paul	7:00 AM	Paul	7:00 AM	Jimmy	7:00 AM	Taylor	9:30 AM		
Ethel-Lynn	8:30 AM	Ethel-Lynn	8:30 AM	Paul	8:30 AM	Paul	8:30 AM	Ethel-Lynn	8:30 AM				
Ethel-Lynn	9:30 AM	Ethel-Lynn	9:30 AM	Rose	9:30 AM	Paul	9:30 AM	Ethel-Lynn	9:30 AM				
Calvin	12:00 PM	Calvin	12:00 PM	Rose	12:00 PM	Calvin	12:00 PM	Rose	12:00 PM				
Calvin	4:30 PM	Calvin	4:30 PM	Calvin	4:30 PM	Calvin	4:30 PM	Rose	4:30 PM				
Calvin	5:30 PM	Calvin	5:30 PM	Calvin	5:30 PM	Calvin	5:30 PM	Rose	5:30 PM				
Calvin	6:30 PM	Calvin	6:30 PM	Calvin	6:30 PM	Calvin	6:30 PM						

**HITT Factory - Livermore**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time
Doreen	5:00 AM	Ashley	5:00 AM	Ashley	5:00 AM	Doreen	5:00 AM	Doreen	5:00 AM	Paul	8:00 AM	Doreen	8:00 AM
Doreen	6:00 AM	Ashley	6:00 AM	Ashley	6:00 AM	Doreen	6:00 AM	Doreen	6:00 AM	Paul	9:00 AM		
Doreen	7:00 AM	Ashley	7:00 AM	Ashley	7:00 AM	Doreen	7:00 AM	Doreen	7:00 AM				
Ashley	8:30 AM	Rose	8:30 AM	Doreen	8:30 AM	Ashley	8:30 AM	Ashley	8:30 AM				
Ashley	9:30 AM	Rose	9:30 AM	Doreen	9:30 AM	Ashley	9:30 AM	Ashley	9:30 AM				
Jimmy	4:30 PM	Doreen	4:30 PM	Rose	4:30 PM	Ethel-Lynn	4:30 PM	Doreen	4:30 PM				
Jimmy	5:30 PM	Doreen	5:30 PM	Rose	5:30 PM	Ethel-Lynn	5:30 PM						