

Week of Oct 7th to Oct 13th

10/07/19 8-Oct-19 9-Oct-19 10-Oct-19 11-Oct-19 12-Oct-19 13-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	Tanner	5:00 AM	Paul	5:00 AM	Tanner	5:00 AM	Jimmy	5:00 AM	Taylor	7:30 AM	Jimmy	8:00 AM
Paul	6:00 AM	Tanner	6:00 AM	Paul	6:00 AM	Tanner	6:00 AM	Jimmy	6:00 AM	Taylor	8:30 AM	Jimmy	9:00 AM
Paul	7:00 AM	Tanner	7:00 AM	Paul	7:00 AM	Tanner	7:00 AM	Jimmy	7:00 AM	Taylor	9:30 AM		
Taylor	8:30 AM	Paul	8:30 AM	Rose	8:30 AM	Paul	8:30 AM	Rose	8:30 AM				
Taylor	9:30 AM	Paul	9:30 AM	Rose	9:30 AM	Paul	9:30 AM	Rose	9:30 AM				
Calvin	12:00 PM	Calvin	12:00 PM	Tanner	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	Taylor	4:30 PM				
Calvin	5:30 PM	Calvin	5:30 PM	Calvin	5:30 PM	Calvin	5:30 PM	Taylor	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
Ashley	5:00 AM	Doreen	5:00 AM	Tanner	5:00 AM	Ashley	5:00 AM	Ashley	5:00 AM	Paul	7:30 AM	Doreen	8:00 AM
Ashley	6:00 AM	Doreen	6:00 AM	Tanner	6:00 AM	Ashley	6:00 AM	Ashley	6:00 AM	Paul	8:30 AM		
Ashley	7:00 AM	Doreen	7:00 AM	Tanner	7:00 AM	Ashley	7:00 AM	Ashley	7:00 AM				
Doreen	8:30 AM	Ashley	8:30 AM	Ashley	8:30 AM	Doreen	8:30 AM	Taylor	8:30 AM				
Doreen	9:30 AM	Ashley	9:30 AM	Ashley	9:30 AM	Doreen	9:30 AM	Taylor	9:30 AM				
Jimmy	4:30 PM	Taylor	4:30 PM	Taylor	4:30 PM	Taylor	4:30 PM	Doreen	4:30 PM				
Jimmy	5:30 PM	Taylor	5:30 PM	Taylor	5:30 PM	Taylor	5:30 PM						