

Week of Oct 14th to Oct 20th

10/14/19		15-Oct-19		16-Oct-19		17-Oct-19		18-Oct-19		19-Oct-19		20-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	Jimmy	7:30 AM	Rose	8:00 AM		
Paul	6:00 AM	Tanner	6:00 AM	Paul	6:00 AM	Tanner	6:00 AM	Jimmy	6:00 AM	Jimmy	8:30 AM	Rose	9:00 AM		
Paul	7:00 AM	Tanner	7:00 AM	Paul	7:00 AM	Tanner	7:00 AM	Jimmy	7:00 AM	Jimmy	9:30 AM				
Taylor	8:30 AM	Paul	8:30 AM	Rose	8:30 AM	Paul	8:30 AM	Taylor	8:30 AM						
Taylor	9:30 AM	Paul	9:30 AM	Rose	9:30 AM	Paul	9:30 AM	Taylor	9:30 AM						
Calvin	12:00 PM	Calvin	12:00 PM	Tanner	12:00 PM	Rose	12:00 PM	Taylor	12:00 PM						
Calvin	4:30 PM	Calvin	4:30 PM	Calvin	4:30 PM	Ethel-Lynn	4:30 PM	Tanner	4:30 PM						
Calvin	5:30 PM	Calvin	5:30 PM	Calvin	5:30 PM	Ethel-Lynn	5:30 PM	Tanner	5:30 PM						
Calvin	6:30 PM	Calvin	6:30 PM	Calvin	6:30 PM	Ethel-Lynn	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		
Tanner	5:00 AM	Ashley	5:00 AM	Tanner	5:00 AM	Doreen	5:00 AM	Doreen	5:00 AM	Taylor	7:30 AM	Doreen	8:00 AM		
Tanner	6:00 AM	Ashley	6:00 AM	Tanner	6:00 AM	Doreen	6:00 AM	Doreen	6:00 AM	Taylor	8:30 AM				
Tanner	7:00 AM	Ashley	7:00 AM	Tanner	7:00 AM	Doreen	7:00 AM	Doreen	7:00 AM						
Ashley	8:30 AM	Taylor	8:30 AM	Doreen	8:30 AM	Taylor	8:30 AM	Tanner	8:30 AM						
Ashley	9:30 AM	Taylor	9:30 AM	Doreen	9:30 AM	Taylor	9:30 AM	Tanner	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								