

Week of **From** 4-Nov-19 to 10-Nov-19  
**4-Nov-19** **5-Nov-19** **6-Nov-19** **7-Nov-19** **8-Nov-19** **9-Nov-19** **10-Nov-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	Taylor	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	Taylor	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	Taylor	8:30 AM	Rose	8:30 AM	Taylor	8:30 AM	Taylor	8:30 AM				
Taylor	9:30 AM	Taylor	9:30 AM	Rose	9:30 AM	Taylor	9:30 AM	Taylor	9:30 AM				
Calvin	12:00 PM	Calvin	12:00 PM	Tanner	12:00 PM *	Taylor	12:00 PM	Tanner	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	Paul	5:00 AM	Tanner	5:00 AM	Paul	5:00 AM	Doreen	5:00 AM	Paul	7:30 AM	Doreen	8:00 AM
Tanner	6:00 AM	Paul	6:00 AM	Tanner	6:00 AM	Paul	6:00 AM	Doreen	6:00 AM	Paul	8:30 AM		
Tanner	7:00 AM	Paul	7:00 AM	Tanner	7:00 AM	Paul	7:00 AM	Doreen	7:00 AM				
Doreen	8:30 AM	Doreen	8:30 AM	Taylor	8:30 AM	Doreen	8:30 AM	Tanner	8:30 AM				
Doreen	9:30 AM	Doreen	9:30 AM	Taylor	9:30 AM	Doreen	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						