

# TIMETABLE

## MONDAY

5:30am - EMPOWER  
6:45am - DEFEND  
9:30am - EMPOWER  
6:45am - DEFEND  
7:30pm - MINDFUL MOVEMENT

## TUESDAY

5:30am - FIERCE  
9:30am - FIERCE  
6:30pm - EMPOWER  
7:30pm - FIERCE

## WEDNESDAY

5:30am - EMPOWER  
6:45am - FIERCE  
9:30am - EMPOWER  
10:45am - MINDFUL MOVEMENT  
6:45pm - FIERCE  
7:30pm - DEFEND

## THURSDAY

5:30am - DEFEND  
9:30am - FIERCE  
6:30pm - EMPOWER  
7:30pm - MINDFUL MOVEMENT

## FRIDAY

5:30am - FIERCE  
6:45am - EMPOWER  
9:30am - DEFEND  
10:45am - MINDFUL MOVEMENT

## SATURDAY

6:45am - FIERCE/DEFEND/EMPOWER  
8:00am - MINDFUL MOVEMENT



**HOLISTIC**

HEALTH & MOVEMENT

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