

Shreveport– May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Express</u> 5:15 AM		<u>Express</u> 5:15 AM		<u>Express</u> 8:15 AM	<u>Core</u> 8:15 AM	
<u>Express</u> 5:30 PM			<u>Express</u> 5:30 PM	<u>Gear</u> 5:30 PM	<u>Gear</u> 9:00 AM	
<u>Core</u> 6:00 PM	<u>360</u> 5:30 PM	<u>360</u> 5:30 PM	<u>Core</u> 6:00 PM			

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