

Longview– May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>CORE</u> 9:45 AM	<u>CORE</u> 8:15 AM <u>GEAR</u> 10:45 AM	<u>Express</u> 5:30 AM <u>CORE</u> 6:00 AM <u>Express</u> 9:00 AM <u>CORE</u> 10:45 AM <u>GEAR</u> 5:30 PM <u>CORE</u> 6:30 PM		<u>GEAR</u> 8:45 AM		
<u>Express</u> 5:30 PM	<u>360</u> 5:30 PM <u>Express</u> 7:15 PM <u>CORE</u> 7:45 PM					

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