

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 3:00 SUNDAY YOGA—Kristen	<b>2</b> 5:30am BARBELL STRENGTH-Ali 7:45 BODYPUMP--Kerry 9:00 BODYCOMBAT@--Vicky 10:15 BODYPUMP@--Tommi 1:30 LUNCHTIME YOGA--Erin 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP@ 45-Janelle/Sean	<b>3</b> 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Kerry	<b>4</b> 5:30 BODYPUMP@—Tommi 7:45 SILVER CHALLENGE--Carol 9:00 BODYPUMP@—Rock 10:15 ZUMBA!--Kate 1:30 LUNCHTIME YOGA--Erin 4:15 PILATES/YOGA FUSION--Carol 5:30 BODYCOMBAT@--Janelle	<b>5</b> 9:00 BODYPUMP@—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP@ —Janelle/Sean	<b>6</b> 5:30am BODYPUMP@— Stephanie 9:00 BODYCOMBAT@--Tommi 10:15 BODYPUMP@--Ely 1:30 LUNCHTIME YOGA--Jacqui	<b>7</b> 8:15 BODYCOMBAT@ — Janelle 9:30 BODYPUMP@ —Janelle/Sean 11:00 SILVER FITNESS- Kerry
<b>8</b> 3:00 SUNDAY YOGA—Carol	<b>9</b> 5:30am BARBELL STRENGTH-Ali 7:45 BODYPUMP--Kerry 9:00 BODYCOMBAT@--Vicky 10:15 BODYPUMP@--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP@ 45-Janelle/Sean	<b>10</b> 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Jan	<b>11</b> 5:30 BODYPUMP@—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP@—Rock 10:15 ZUMBA--Kate 1:30 LUNCHTIME YOGA--Erin 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT@--Janelle	<b>12</b> 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP@ —Janelle/Sean	<b>13</b> 5:30am BODYPUMP@ - Stephanie 9:00 BODYCOMBAT@--Tommi 10:15 BODYPUMP@--Tommi 1:30 LUNCHTIME YOGA--Erin	<b>14</b> 8:15 BODYCOMBAT@ — Janelle 9:30 BODYPUMP@ —Janelle/Sean 11:00 SILVER FITNESS- Jan
<b>15</b> 3:00 SUNDAY YOGA-- Kristen	<b>16</b> 5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT@--Vicky 10:15 BODYPUMP@--Tommi 1:30 LUNCHTIME YOGA--Jan 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP@ 45-Sean/Janelle	<b>17</b> 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina	<b>18</b> 5:30 BODYPUMP@—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP@—Rock 10:15 ZUMBA!--Kate 1:30 LUNCHTIME YOGA--Jan 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT@--Janelle	<b>19</b> 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP@ —Sean/Janelle	<b>20</b> 5:30am BODYPUMP@ --Stephanie 9:00 BODYCOMBAT@--Tommi 10:15 BODYPUMP@--Ely 1:30 LUNCHTIME YOGA--Erin	<b>21</b> 8:15 BODYCOMBAT@ — Janelle 9:30 BODYPUMP@ —Sean/Janelle 11:00 SILVER FITNESS- Jan
<b>22</b> 3:00 SUNDAY YOGA—Kristen	<b>23</b> 5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT@--Vicky 10:15 BODYPUMP@--Tommi 1:30 LUNCHTIME YOGA--Erin 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP@ 45--Janelle/Sean	<b>24</b> 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina	<b>25</b> 5:30 BODYPUMP@—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP@—Rock 10:15 ZUMBA!--Kate 1:30 LUNCHTIME YOGA--Erin 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT@--Janelle	<b>26</b> 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP@ —Janelle/Sean	<b>27</b> 5:30am BODYPUMP@ -Stephanie 9:00 BODYCOMBAT@--Tommi 10:15 BODYPUMP@--Ely 1:30 LUNCHTIME YOGA--Erin	<b>28</b> 8:15 BODYCOMBAT@** — Janelle 9:30 BODYPUMP@** —Janelle/Sean 11:00 SILVER FITNESS- Jan
<b>29</b> 3:00 SUNDAY YOGA—Kristen	<b>30</b> 5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT@**--Tommi 10:15 BODYPUMP@** --Tommi/Ely 1:30 LUNCHTIME YOGA--Erin 5:15 SPRINT™**--Sean/Janelle 6:00 BODYPUMP@ 45*--Sean/Janelle	<b>31</b> 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP@ **—Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina	<p><b>Group Fitness schedule also available at</b>  <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>                      All group fitness classes are free to members unless marked (fee)                      Schedule published on 9/28/23. Check the app or call any Service Desk at 779-4593 for most up to date information.                      ** New Les Mills Release</p>			

OCTOBER 2023

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> 9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb	<b>3</b> 6:00 PILATES--Richard 9:00 PILATES FUSION--Angie A 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie 6:15 VINYASA FLOW-Jacqui	<b>4</b> 9:00 WISDOM YOGA--Wendy 6:00 ZUMBA!--Mickella	<b>5</b> 6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Jacqui	<b>6</b> 9:00 YIN YOGA--Carol 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>7</b> 8:15 RPM™--Sean 9:30 PILATES--Richard
<b>8</b>	<b>9</b> 9:00 WISDOM YOGA--Jacqui 12:00 Cycling-Robb	<b>10</b> 6:00 PILATES--Richard 9:00 PILATES FUSION--Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Darrin 6:15 VINYASA FLOW-Jacqui	<b>11</b> 9:00 WISDOM YOGA--Jan 6:00 ZUMBA--Mickella	<b>12</b> 6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Jacqui	<b>13</b> 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>14</b> 8:15 RPM™--Sean 9:30 PILATES--Richard
<b>15</b>	<b>16</b> 9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb	<b>17</b> 6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™-- Angie R 6:15 VINYASA FLOW-Jacqui	<b>18</b> 9:00 WISDOM YOGA--Wendy 6:00 ZUMBA--Mickella	<b>19</b> 6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Jacqui	<b>20</b> 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>21</b> 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
<b>22</b>	<b>23</b> 9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb	<b>24</b> 6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R 6:15 VINYASA FLOW-- Jacqui	<b>25</b> 9:00 WISDOM YOGA--Wendy 6:00 ZUMBA--Mickella	<b>26</b> 6:00 PILATES--Richard 9:00 TRX--Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Jacqui	<b>27</b> 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>28</b> 8:15 RPM™**--Angie R/Sean 9:30 PILATES--Richard
<b>29</b>	<b>30</b> 9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb	<b>31</b> 6:00 PILATES--Richard 9:00 PILATES FUSION-- Angie A 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™**--Angie R 6:15 GENTLE YOGA with LIVE SOUND Bath -Jacqui	<p><b>Group Fitness schedule also available at</b>  <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>                      All group fitness classes are free to members unless marked (fee)                      Schedule published on 9/28/23. Check the app or call any Service Desk at 779-4593 for most up to date information.                      **New Les Mills Release</p>			

OCTOBER 2023

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:45: JamBarree--Kerry	2 5:30 GRIT™ Cardio--Stephanie 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 LATIN DANCE!--Carol 6:45 STEP & STRENGTH--Dayne	3 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Ely 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE 100's--Angie A 6:00 BODYPUMP® 45--Ely	4 5:30 GRIT STRENGTH--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 Power Yoga-- Shelbi	5 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION& Sole Train- ing--Angie A 6:00 BODYPUMP® 45--Ely	6 9:00 BODYPUMP®--Kate 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard	7 8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE--Carol 10:45 FLEX-ABILITY+CORE--Julie
8 2:45 Dayne-- BODYJAM 30	9 5:30 GRIT Athletic-Stephanie 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!--Mickella 6:45 STEP & STRENGTH- Dayne	10 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Kerry 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Mickella 6:00 BODYPUMP® 45--Ely	11 5:30 GRIT Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT STRENGTH--Stephanie 5:30 Power Yoga-- Carol	12 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION --Ely 6:00 BODYPUMP® 45--Ely	13 9:00 BODYPUMP®--Ely 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard	14 8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE--Carol 10:45 FLEX-ABILITY+CORE--Julie
15 2:45 LATIN DANCE-- Carol	16 5:30 GRIT Athletic-Stephanie 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!-- Mickella 6:45 STEP & STRENGTH- Dayne	17 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely	18 5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 Power Yoga--Shelbi	19 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely	20 9:00 BODYPUMP--Angie R 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard	21 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie
22 2:45 SOULFUSION--Angie	23 5:30 GRIT™ Cardio--Stephanie 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!--Mickella 6:45 STEP & STRENGTH- Dayne	24 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely	25 5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 Power Yoga--Shelbi	26 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION-- Angie A 6:00 BODYPUMP 45--Ely	27 9:00 BODYPUMP--Angie R 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard	28 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!-- Kate 10:45 FLEX-ABILITY+CORE--Julie
29 2:45 HIGH FITNESS-- Ali	30 5:30 GRIT™** Cardio--Stephanie 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT Cardio**--Kristi 5:30 ZUMBA!--Mickella 6:45 STEP & STRENGTH- Dayne	31 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®** --Angie R/Kerry 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP®** 45--Kerry	<p><b>Group Fitness schedule also available at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></b></p> <p>All group fitness classes are free to members</p> <p>Schedule published on 9/28/23. Check the app or call any Service Desk at 526-8652 for most up to date information.</p> <p>*Class held at Indoor Pool</p> <p>**New Les Mills Release</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 TRX FULL BODY TRAINING --Robb 5:30pm Evening Yoga-Shelbi 7:00 PILATES-- Richard	3 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	4 9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45--Jules 7:00 PILATES-- Richard	5 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie 5:30 BODYJAM 30- Dayne	6 10:15 ZUMBA!-- Kate 12:00 PILATES 45--Angie A	7
8	9 9:00 TRX FULL BODY TRAINING --Robb 5:30pm Evening Yoga-Shelbi 7:00 PILATES-- Richard	10 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Ely 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	11 9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45--Jules 7:00 PILATES--Richard	12 5:30am CYCLEFIT--Lanna 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie 5:30 ZUMBA! 30-- Mickella	13 10:15 LATIN DANCE--Carol 12:00 PILATES--Jan	14
15	16 9:00 TRX FULL BODY TRAINING --Robb 5:30pm Evening Yoga-Shelbi 7:00 PILATES-- Richard	17 5:30am CYCLEFIT--Lanna 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	18 9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45--Jules 7:00 PILATES--Richard	19 5:30am CYCLEFIT--Lanna 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:30 BODYJAM 30- Dayne	20 10:15 ZUMBA!--Kate 12:00 PILATES--Jan	21
22	23 9:00 TRX FULL BODY TRAINING --Robb 5:30pm Evening Yoga-Shelbi 7:00 PILATES-- Richard	24 5:30am CYCLEFIT--Lanna 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	25 9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45-- Jules 7:00 PILATES-- Richard	26 5:30am CYCLEFIT--Lanna 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:30 BODYJAM 30- Dayne	27 10:15 ZUMBA!--Kate 12:00 PILATES--Jan	28
29	30 9:00 TRX FULL BODY TRAINING --Robb 5:30pm Evening Yoga-Shelbi 7:00 PILATES-- Richard	31 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	<p><b>Group Fitness schedule also available at <a href="http://Flagstaffathleticclub.com">Flagstaffathleticclub.com</a></b>                      All group fitness classes are free to members unless marked (fee)                      Schedule published on 9/28/23. Check the app or call any Service Desk at 526-8652 for most up to date information.</p>			