



# ARE YOU IN THE ZONE?

## FLEXIBLE SCHEDULE OPTIONS\*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM						
6:30AM						
8:15AM						8:30AM 
9:30AM						
12:00PM						
6:00PM						

\*Subject to change upon notice.

For more information, contact a Zone4 Coach or visit the Front Desk!

