

CLASS SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	PRE STARTER CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	Rest	PRE STARTER CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	PRE STARTER CLASS + STRETCH 10 CLASS	PRE 10 CLASS + STRETCH 10 CLASS
2	LOW INT 20 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	Rest	LOW INT 20 CLASS + STRETCH 10 CLASS	PRE STARTER CLASS + STRETCH 10 CLASS	PRE STARTER CLASS + STRETCH 10 CLASS	PRE STARTER CLASS + STRETCH 10 CLASS
3	LOW INT 20 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	Rest	LOW INT 20 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	LOW INT 20 CLASS + STRETCH 10 CLASS	PRE STARTER CLASS + STRETCH 10 CLASS
4	LOW INT 20 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	Rest	LOW INT 20 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	LOW INT 20 CLASS + STRETCH 10 CLASS	PRE STARTER CLASS + STRETCH 10 CLASS TRUCK FROM NEWLY IN
5	PRE 40 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	Rest	PRE 40 CLASS + STRETCH 10 CLASS	PRE 10 CLASS + STRETCH 10 CLASS	PRE 10 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS
6	PRE 10 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	Rest	LOW INT 20 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	PRE 10 CLASS + PRE 10 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS
7	PRE 10 CLASS + PRE 10 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	Rest	LOW INT 20 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	PRE 20 CLASS + PRE 10 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS
8	PRE 20 CLASS + PRE 10 CLASS + STRETCH 10 CLASS	PRE 10 CLASS + STRETCH 10 CLASS	Rest	LOW INT 20 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	PRE 20 CLASS + PRE 10 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS TRUCK FROM NEWLY IN
9	PRE 40 CLASS + STRETCH 10 CLASS	PRE 20 CLASS + STRETCH 10 CLASS	Rest	PRE 20 CLASS + STRETCH 10 CLASS	PRE 10 CLASS + STRETCH 10 CLASS	PRE 20 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS
10	PRE 20 CLASS + PRE 10 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	Rest	PRE 10 CLASS + PRE 10 CLASS + STRETCH 10 CLASS	PRE 20 CLASS + STRETCH 10 CLASS	PRE 10 CLASS + PRE 10 CLASS + STRETCH 10 CLASS	PRE 20 CLASS + STRETCH 10 CLASS
11	PRE 20 CLASS + PRE 10 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	Rest	PRE 20 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	PRE 20 CLASS + PRE 10 CLASS + STRETCH 10 CLASS	PRE 10 CLASS + STRETCH 10 CLASS
12	PRE 20 CLASS + PRE 10 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	Rest	PRE 20 CLASS + PRE 10 CLASS + STRETCH 10 CLASS	PRE 40 CLASS + STRETCH 10 CLASS	PRE 20 CLASS + PRE 10 CLASS + STRETCH 10 CLASS	PRE 20 CLASS + STRETCH 10 CLASS TRUCK FROM NEWLY IN

ADVANCED CLASS SCHEDULE

[illegible]

Turbo Fire Workout Nutrition Guide

Jianjun Gao



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