

SCHEDULE TFW

MONDAY

5:30 am
8:00 am
9:00 am
12:00 pm
4:00 pm
5:00 pm
6:00 pm

TUESDAY

5:30 am
8:00 am
9:00 am
12:00 pm
4:00 pm
5:00 pm
6:00 pm

WEDNESDAY

5:30 am
8:00 am
9:00 am
12:00 pm
4:00 pm
5:00 pm
6:00 pm

THURSDAY

5:30 am
8:00 am
9:00 am
12:00 pm
4:00 pm
5:00 pm
6:00 pm

FRIDAY

5:30 am
8:00 am
9:00 am (Active Recovery)
12:00 pm

SATURDAY

7:30 am
10:00 am