


W E E K L Y S C H E D U L E

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
8:00 AM	RSB VENTURA	NeuroFunction FIGHT CLUB	RSB VENTURA	NeuroFunction FIGHT CLUB	RSB VENTURA	 <p>NEURO PERFORMANCE GYM EQUILIBRIUM PHYSICAL THERAPY</p>			
8:30 AM									
9:00 AM									
9:30 AM									
10:00 AM									
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM	RSB VENTURA	RSB VENTURA	RSB VENTURA	RSB VENTURA	RSB VENTURA				
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM		THAI CHI FOR BALANCE		THAI CHI FOR BALANCE					
2:30 PM						FUNctional Yoga			
3:00 PM			STRENGTH & MOBILITY						
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM									
6:30 PM									
7:00 PM									

7:30 PM