



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

2021 LM Virtual Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am		BODYFLOW			GRIT ATHLETIC	
7:15am	BODYFLOW	GRIT CARDIO	BODYFLOW	GRIT CARDIO	CXWORX	
11:15am		CXWORX		BODYFLOW		
12:30am		GRIT ATHLETIC		CXWORX	SH'BAM	12:15 BODYFLOW
1:00-5:30	ON DEMAND	ON DEMAND	ON DEMAND	ON DEMAND	ON DEMAND	1:00-2:00 ON DEMAND

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