



				1	Wednesday	2	Thursday	3	Friday
				11:30 12:00	Ab-Solution Cycle	6:30	Washboard Abs	11:30 12:00	Ab-Solution Cycle
6	Monday	7	Tuesday	8	Wednesday	9	Thursday	10	Friday
11:30 12:00	Ab-Solution Cycle	6:30 11:30 12:00	Washboard Abs Ab-Solution Power Cut	11:30 12:00	Ab-Solution Cycle	6:30	Washboard Abs	11:30 12:00	Ab-Solution Cycle
13	Monday	14	Tuesday	15	Wednesday	16	Thursday	17	Friday
11:30 12:00	Ab-Solution Cycle	6:30 11:30 12:00	CANCELED Ab-Solution Power Cut	11:30 12:00	Ab-Solution Cycle	6:30	Washboard Abs	11:30 12:00	Ab-Solution Cycle
20	Monday	21	Tuesday	22	Wednesday	23	Thursday	24	Friday
11:30 12:00	Ab-Solution Cycle	6:30 11:30 12:00	Washboard Abs Ab-Solution Power Cut	11:30 12:00	Ab-Solution Cycle	6:30	Washboard Abs	11:30 12:00	Ab-Solution Cycle
27	Monday	28	Tuesday	29	Wednesday	30	Thursday	31	Friday
11:30 12:00 5:15	Ab-Solution Cycle Cycle	5:30 6:15	Cycle Abs	11:30 12:00 5:15	Ab-Solution Cycle Cycle	5:30 6:15	Cycle Abs	11:30 12:00 5:15	Ab-Solution Cycle Cycle