

# ROAR

## WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	ROAR	ROAR	ROAR	ROAR	ROAR	7:00 am ROAR	
6:00 am						8:15 am ROAR	
6:15 am	ROAR	ROAR	ROAR	ROAR	ROAR	9:30 am ROAR	
8:30 am	ROAR	ROAR	ROAR	ROAR	ROAR	10:30 am	ROAR
9:30 am		ROAR		ROAR		1:30 pm	ROAR
12:00 pm	ROAR	ROAR	ROAR	ROAR	ROAR	2:30 pm	ROAR
4:15 pm		ROAR		ROAR		3:30 pm	ROAR
4:30 pm	ROAR		ROAR		ROAR	4:00 pm	STRETCH
5:30 pm		ROAR		ROAR			
5:45 pm	ROAR		ROAR				