

# Hot Mat Timeable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM		6AM		6AM		8:30AM
7AM		7AM		7AM		9:30AM
9:30AM		9:30AM	9:30AM			
			12:30PM			
	5:30PM		5:30PM			
	6:30PM		6:30PM			
	7:30PM		7:30PM			

FORM	SPICE	YOGA
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