6:15am-7am	Flow Express Elleni P	Flow Express Cyndi H	Flow Express Lacie L	Flow Express Cyndi H	Restore Express Lacie L		
9am-10am	Align Diane A		Flow Kate J		Power Flow Kate J	Flow Lauren T	Align Emma E
10:30am-11:30am						Power Flow Lauren T	Flow Emma E
12pm-1pm					Hot Power Flow Kate J		
4pm-5pm							
5:30pm-630pm	Hot Power FLow Shelby B	Power Flow Natalie T	Flow Steph K	Power Flow Gen B	Restore Cyndi H		
7pm-8pm	Flow Steph K	Hot Power Flow Julia A	Align Steph K	Hot Power Flow Gen B			
8-9pm							Restore Khara H