



# ARE YOU IN THE ZONE?

## FLEXIBLE SCHEDULE OPTIONS\*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM						
8:15 AM						
9:30 AM						
12:00 PM						
5:30 PM						

\*Subject to change upon notice.

For more information, contact a Zone4 Coach or visit the Front Desk!

