





REV FAT LOSS HOLIDAY HOURS: December 23 - 29





	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:15am							
08:30am		STRENGTH TALLON		STRENGTH TALEEBA	METABOLIC RYAN	STRENGTH RYAN	STRENGTH TALEEBA
09:00am							
09:30am	METABOLIC TALLON	STRENGTH TALLON		STRENGTH TALEEBA	METABOLIC RYAN	STRENGTH RYAN	METABOLIC TALEEBA
05:30pm			Merry Christmas!		METABOLIC TALEEBA		
07:00pm			CLOSED				

Please Note: Participants more than 5 minutes late will be turned away.

*Must have attended the Fundamental Workshops in order to participate. Contact Tallon!

P. 519.942.BALL F. 519.940.5676 www.headwatersacquetclub.com

REV FAT LOSS HOLIDAY HOURS: December 30 - January 5


	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:15am				STRENGTH TALEEBA	METABOLIC ADAM	STRENGTH RYAN	
08:30am		STRENGTH RYAN		STRENGTH TALEEBA	METABOLIC ADAM	STRENGTH RYAN	STRENGTH TALLON
09:00am							
09:30am	METABOLIC TALEEBA	STRENGTH RYAN		STRENGTH TALEEBA	METABOLIC ADAM	STRENGTH RYAN	METABOLIC TALLON
05:30pm			Happy New Year!	STRENGTH RYAN	METABOLIC TALEEBA		
07:00pm			CLOSED	STRENGTH RYAN	METABOLIC TALEEBA		

Please Note: Participants more than 5 minutes late will be turned away.

*Must have attended the Fundamental Workshops in order to participate. Contact Tallon!

P. 519.942.BALL F. 519.940.5676 www.headwatersacquetclub.com

REV FAT LOSS January 6 - January 13, 2019

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:15am		STRENGTH TALLON	METABOLIC TALLON	STRENGTH TALLON	METABOLIC ADAM	STRENGTH RYAN	
08:30am		STRENGTH RYAN	METABOLIC TALLON	STRENGTH TALEEBA	METABOLIC ADAM	STRENGTH RYAN	STRENGTH TALLON
09:00am				 TALLON			
09:30am	METABOLIC TALLON	STRENGTH RYAN	STRENGTH TALLON	METABOLIC TALLON	STRENGTH TALEEBA	STRENGTH TALLON	METABOLIC ADAM
05:30pm		STRENGTH TALEEBA	METABOLIC ADAM	STRENGTH RYAN	METABOLIC TALEEBA	STRENGTH RYAN	
07:00pm		STRENGTH TALEEBA	METABOLIC ADAM	STRENGTH RYAN	METABOLIC TALEEBA		

Please Note: Participants more than 5 minutes late will be turned away.

*Must have attended the Fundamental Workshops in order to participate. Contact Tallon!

P. 519.942.BALL F. 519.940.5676 www.headwatersacquetclub.com