

THE REVOLUTION SCHEDULE

CLIFTON PARK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am – 6:15am Rev UP Toni	5:30am - 6:30am Video Rev Sarah	9:30am - 10:30am AB-Solute Revolution Melissa	5:30am - 6:30am Circuit Revolution Tina	9:30am - 10:30am AB-Solute Revolution Dana	7:15am - 8:15am True Revolution Tina	8:00am - 9:00am Interval Revolution Nancy
9:30am - 10:15am Rev UP Melissa	8:45am - 9:45am Circuit Revolution Nancy	4:45pm - 5:30pm Rev & Rip Bryana	4:45pm - 5:30pm Rev UP Brittaney		8:45am - 9:30am Rev UP Brittaney	9:15am - 10:00am Rev UP Nancy
6:00pm - 6:45pm Rev UP Nancy *Body Bonus	5:30pm - 6:15pm Rev UP Janet	6:15pm - 7:00pm Rev UP Brittaney	6:15pm - 7:00pm Rev UP Jen			

LOUDONVILLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am – 6:15am Video Rev Sarah	5:30am - 6:15am Rev UP Cassie	5:30am - 6:15am Rev Up Erika	5:30am - 6:15am Rev UP Bryana	5:30am - 6:15am Rev UP Erika	8:00am - 9:00am AB-Solute Revolution Erika	8:15am - 9:00am Rev UP Jen
7:15am - 8:00am Rev UP Bry	5:15pm - 6:00pm Rev UP Nancy	6:15pm - 7:00pm Rev UP Devan	9:15am - 10:00am Rev UP Dana	5:30pm - 6:30pm Rev UP Devan	9:30am-10:30am AB-Solute Revolution Melissa	9:30am - 10:15am Rev UP Brittaney
5:45pm-6:30pm Rev & Rip Michelle	6:15pm - 7:00pm Rev UP Bryana		5:15pm - 6:00pm Rev & Rip Nancy			10:30am - 11:15am Rev UP Michelle
6:45pm - 7:30pm Rev UP Brittany			6:15pm - 7:00pm Rev UP Michelle			

ALBANY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am - 8:45am REV up Al	6:00am - 6:45am Rev & Rip Laurie	6:00am - 6:45am REV Up Laurie	6:00am - 6:45am Rev Up Al	5:45am - 6:30am Rev UP Bry	8:30am - 9:30am AB-Solute Rev Michelle	8:30am - 9:15am REV Up Al
9:00am - 9:45am REV Up Janet	7:15am - 8:00am Rev Up Bry	10:00am - 11:00am AB-Solute Rev Bry	7:15am - 8:00am Rev Up Al	10:00am - 11:00am Interval Rev Nancy	10:00am - 10:45am REV Up Steph	10:00am - 11:00am AB-Solute Rev Britt E
4:30pm - 5:15pm REV Up Steph	3:45pm - 4:30pm Rev & Rip Nancy	4:45pm - 5:30pm Video Rev Sarah	3:45pm - 4:30pm Rev & Rip Nancy	Noon (45 mins) Rev & Rip		
6:00pm - 6:45pm REV Up Devan	5:30pm - 6:15pm Rev UP Britt E. 6:30pm - 7:15pm REV Up Steven	6:00pm - 7:00pm AB-Solute Rev Michelle	5:30pm - 6:30pm True Revolution Tina 6:45pm - 7:30pm Rev UP Steven	Bryana		