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CLASS SCHEDULE

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1	FIRE 30 CLASS + STRETCH 10 CLASS	HIT 15 CLASS + STRETCH 10 CLASS	Rest	FIRE 30 CLASS + STRETCH 10 CLASS	FIRE SS EZ CLASS	FIRE 30 CLASS + STRETCH 10 CLASS	CORE 20 CLASS + STRETCH 40 CLASS	
2	FIRE 45 CLASS + STRETCH 10 CLASS	HITT 20 CLASS	Rest	HITT 15 CLASS + SCULPT 30 CLASS	FIRE SS EZ CLASS	CORE 20 CLASS + STRETCH 40 CLASS	FIRE 45 CLASS + STRETCH 10 CLASS	
3	FIRE 45 EZ CLASS + STRETCH 10 CLASS	HIT 25 CLASS + STRETCH 10 CLASS	Rest	HOIT 15 CLASS + TONE 30 CLASS	FIRE 45 EZ CLASS + STRETCH 10 CLASS	CORE 20 CLASS + STRETCH 40 CLASS	PINE SS EZ CLASS	
4	FIRE 45 CLASS + STRETCH 10 CLASS	HIIT 20 CLASS + STRETCH 10 CLASS	Rest	HIT 28 CLASS + SOULPT 36 CLASS 	FIRE 55 EZ CLASS	COME 20 CLASS + STRETCH 40 CLASS	FIRE 43 CLASS + STRETCH 10 CLASS -1 46-74 THUS THE RESULTS	

Turbo Fire Food Guide

Jicheng Xie



Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Turbo Fire Food Guide**

In a global inundated with displays and the cacophony of fast transmission, the profound power and mental resonance of verbal artistry often fade in to obscurity, eclipsed by the continuous barrage of noise and distractions. However, nestled within the musical pages of **Turbo Fire Food Guide**, a interesting perform of literary elegance that pulses with natural thoughts, lies an wonderful trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this enchanting opus instructions visitors on a mental odyssey, softly revealing the latent potential and profound affect stuck within the complicated web of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is central subjects, dissect their fascinating publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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