

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
7AM	WORKOUT OF THE DAY CHRIS		WORKOUT OF THE DAY SAM		WORKOUT OF THE DAY CHRIS		
9AM	WORKOUT OF THE DAY CHRIS	DAT ASS THO! BEN	WORKOUT OF THE DAY SAM	FULL BODY /AMRAP ARIEL	WORKOUT OF THE DAY CHRIS	METABOLIC CIRCUIT Advanced Only (reservation needed) JON	STRENGTH AND CONDITIONING JON
11AM						METABOLIC CIRCUIT ARIEL	STRENGTH AND CONDITIONING BEN
12PM	TABATA/HIIT SUNNY	CONDITIONING CIRCUIT JON	METABOLIC CIRCUIT Advanced Only JON	STRENGTH AND CONDITIONING JON	BOOTCAMP BOBBY		
5PM	SCULPT AND BURN CHRIS	BOOTCAMP BOBBY	METABOLIC CIRCUIT Advanced Only (reservation needed) JON		FRIDAY NIGHT PUMP MELVIN		
6PM		BOOTCAMP BOBBY		STRENGTH & CORE @ 5:30 SUNNY			
7PM	STRENGTH AND CONDITIONING ANGEL		METABOLIC CIRCUIT @ 6:30 ANGEL	CONDITIONING CIRCUIT MELVIN			