

	<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 JEFF	CORE & CARDIO ANGEL	WORKOUT OF THE DAY CHRIS		
9AM	WORKOUT OF THE DAY ANGEL	MOVE WELL WITH MEL (LOWER BODY) MEL	WORKOUT OF THE DAY JEFF		WORKOUT OF THE DAY CHRIS	METABOLIC CIRCUIT Advanced Only JON	STRENGTH AND CONDITIONING JON
11AM						METABOLIC CIRCUIT MELVIN	STRENGTH AND CONDITIONING MELVIN
12PM	MONDAY MEDLEY SUNNY	CONDITIONING CIRCUIT JON	METABOLIC CIRCUIT Advanced Only JON	STRENGTH AND CONDITIONING JON	LOWER BODY JON		
5PM	SCULPT AND BURN CHRIS	PUMP N' PUSH BOBBY	METABOLIC CIRCUIT Advanced Only JON		FRIDAY NIGHT PUMP MELVIN		
6PM		PUMP N' PUSH BOBBY		LOWER BODY BLAST @ 5:30 SUNNY			
7PM	REGGAETON S & C CIRCUIT ANGEL		METABOLIC CIRCUIT @ 6:30 ANGEL	S & C CIRCUIT MELVIN			