

	<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 ARIEL	MOVE WELL WITH MEL (LOWER BODY) MEL	WORKOUT OF THE DAY SAM	FULL BODY BLAST ARIEL	WORKOUT OF THE DAY CHRIS	METABOLIC CIRCUIT Advanced Only JON	S & C CIRCUIT JON
11AM						METABOLIC CIRCUIT MELVIN	S & C CIRCUIT MELVIN
12PM	MONDAY MEDLEY SUNNY	CONDITIONING CIRCUIT JON	METABOLIC CIRCUIT Advanced Only JON	STRENGTH & CONDITIONING JON	BOOTCAMP BOBBY		
5PM	SCULPT & BURN CIRCUIT CHRIS	PUMP N' PUSH BOBBY	METABOLIC CIRCUIT Advanced Only JON		FRIDAY NIGHT PUMP MELVIN		
6PM		PUMP N' PUSH BOBBY		HIIT @ 5:15 MIKE LOWER BODY BLAST @ 5:15 SUNNY			
7PM	REGGAETON S & C CIRCUIT ANGEL		METABOLIC CIRCUIT @ 6:30 ANGEL	S & C CIRCUIT MELVIN			