

TIME/DAY	MON	TUE	WED	THUR	FRI	SAT
HIGH INTENSITY TRAINING						
5:30AM	HIGH INTENSITY TRAINING	H.I.I.T.	HIGH INTENSITY TRAINING	METCON	HIGH INTENSITY TRAINING	7AM H.I.I.T.
6:15AM	HIGH INTENSITY TRAINING	H.I.I.T.	HIGH INTENSITY TRAINING	METCON	HIGH INTENSITY TRAINING	8AM HIGH INTENSITY TRAINING
9:30AM	HIGH INTENSITY TRAINING	H.I.I.T.	STRENGTH & CONDITIONING	METCON	BOXING FIT	8AM BODYTONE
9:30AM	MUMS N BUBS (T)	MUMS N BUBS (E)	MUMS N BUBS (T)	MUMS N BUBS (E)	MUMS N BUBS (T)	9AM H.I.I.T.
12:30AM		METCON				
4:30PM			BOXING FIT			
5:30PM	HIGH INTENSITY TRAINING		HIGH INTENSITY TRAINING		BOOTY BUILDER	
6:30PM	HIGH INTENSITY TRAINING	HIGH INTENSITY TRAINING	HIGH INTENSITY TRAINING	HIGH INTENSITY TRAINING		
6:30PM	BODY TONE	H.I.I.T.	H.I.I.T.	BOXING FIT	H.I.I.T.	
6:30PM	BOXING FIT	BOXING FIT	BODY TONE			
7:30PM	BODY TONE	HIGH INTENSITY TRAINING	BODY TONE	HIGH INTENSITY TRAINING		
STRENGTH & CONDITIONING						
6AM		STRENGTH & CONDITIONING		STRENGTH & CONDITIONING		9AM STRENGTH&CONDITIONING
5:30PM	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	BOOTY BUILDER	
6:30PM	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	
7:30PM	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING		
CROSSFIT						
6AM	CROSSFIT		CROSSFIT		CROSSFIT	
9:30AM	CROSSFIT		CROSSFIT		CROSSFIT	10 AM CROSSFIT
4:30PM	CROSSFIT				CROSSFIT	
5:30PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
6:30PM				OLYMPIC LIFTING		
7:30PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		

