

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

5:30AM

9:00AM

5:15PM



BOOT CAMP



BODY COMBAT



METAPWR



METAPWR



**A.B.T OR
STRENGTH**



METAPWR



BODY COMBAT



BOOT CAMP



STRENGTH



BOOTCAMP

7:45AM

8:45AM



METAPWR



COMBAT