

Weekly Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Total Body Conditioning 6 - 6:45					
6:30 AM			Fit Camp 6:30 - 7:15				
7:00 AM				Strength Training - Legs and Glutes 7 - 7:45		Strength Training - Legs and Glutes 7 - 7:45	
7:30 AM					Strength Training - Core 7:30 - 8		
8:00 AM	Fit Camp 8 - 8:45						Fit Camp 7:30 - 8:15
8:30 AM							
9:00 AM	Strength Training - Core 9 - 9:30					Total Body Conditioning 9 - 9:45	
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							Power Yoga 11 - 12:15
11:30 AM							
2:00 PM		Athletic Development - By appt only		Athletic Development - By appt only		Athletic Development - By appt only	
3:00 PM							
4:00 PM							
4:30 PM							
5:00 PM							303510153
5:30 PM					Total Body Conditioning 5:30 - 6:15		
6:00 PM		Fit Camp 6 - 6:45	Strength Training - Legs and Glutes 6 - 6:45	Strength Training - Core 6 - 6:30			
6:30 PM							
7:00 PM							
7:30 PM							