

INSPIRATIONAL L I F E

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<u>SUN</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>
	5:30 AM Boot Camp	5:30 AM Abs-X	5:30 AM Boot Camp	5:30 AM TRX	5:30 AM Boot Camp	
	6:15 AM Boot Camp		6:15 AM Boot Camp		6:15 AM Boot Camp	6:30 AM TRX
	7:00 AM Boot Camp	7:00 AM Abs-X	7:00 AM Boot Camp		7:00 AM Boot Camp	7:15 AM Boot Camp
	8:00 AM Boot Camp		8:00 AM Boot Camp		8:00 AM Boot Camp	8:00 AM Boot Camp
		8:30 AM Boot Camp		8:30 AM Boot Camp		
	9:00 AM Boot Camp		9:00 AM Boot Camp		9:00 AM Boot Camp	
	5:30 PM Boot Camp		5:30 PM Boot Camp		5:30 PM Boot Camp	
	6:30 PM Boot Camp		6:30 PM Boot Camp			

Effective 1/1/2025