

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35 a m	Macy Upper Body	Macy Core & More	Taylor TURF	Taylor Lower Body	Macy IGNITED	
6:35 a m	Macy Upper Body		Taylor TURF			
7:35 a m	Macy Upper Body	Macy Core & More	Taylor TURF	Taylor Lower Body	Macy IGNITED	
9:05 a m						Taylor TURF
10:05 a m		Kim TURF		Kim TURF		Taylor TURF
11:05 a m		Kim BARBELL		Kim BARBELL		
12:05 p m	Jeffrey Upper Body		Jeffrey TURF			
6:05 p m	Macy Upper Body	Taylor Core & More		Taylor Lower Body		
7:05 p m	Macy Upper Body		Macy TURF	Macy Lower Body		