

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35 a m	McKenna Upper Body	5:15 - McKenna Core & More	McKenna TURF	5:15 - McKenna Lower Body	McKenna IGNITED	
7:35 a m	Macy Upper Body	Taylor Core & More	Macy TURF	Taylor Lower Body	Macy IGNITED	8:05 -Terry Primal
9:05 a m						Taylor Front Lawn
10:05 a m		Kim TURF		Kim TURF		Taylor TURF
11:05 a m		Kim BARBELL		Kim BARBELL		
12:05 p m	Terry Kettle Bell		Terry TRX		Terry Kettle Bell	
5:05 p m			Terry Kettle Bell &TRX			
6:05 p m	Taylor Upper Body	Taylor Core & More		Taylor Lower Body		
7:05 p m	Taylor Upper Body		Macy TURF			