



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35 am		McKenna Upper Body	5:15 - Ayram Endurance	McKenna Lower Body	5:15 - Ayram TURF	McKenna IGNITED	
7:35 am		McKenna Upper Body	Macy Endurance	McKenna Lower Body	Macy TURF	McKenna IGNITED	
9:05 am							Taylor TURF
10:05 am	Joann Foundations		Kim Endurance		Kim TURF		Taylor TURF
11:05 am / 11:30 am			Kim BARBELL		Kim BARBELL		Terry RECOVERY
12:05 pm		Terry TRX		Terry Kettle Bell		Terry Kettle Bell	
6:05 pm		Macy Upper Body	Taylor Endurance	Macy Lower Body	Taylor POWER		
7:05 pm		Taylor Upper Body		Taylor Lower Body			

NEW
@ 11:35 AM
Starting
Nov. 9th!

NEW
@ 11:35 AM
Starting
Nov. 11th!