

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