

2018 Training Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM	STRENGTH	LES MILLS BODYFLOW	POWER		FUNCTIONAL	
7 AM						
8:30 AM						COACH'S CALL
9 AM	FUNCTIONAL	CXWORX	STRENGTH	LES MILLS BODYCOMBAT	LES MILLS BODYFLOW	
9:30 AM						LES MILLS
11 AM	STRENGTH	BOXING	STRENGTH	POWER	FUNCTIONAL	
5 PM	POWER	STRENGTH	FUNCTIONAL	BOXING	STRENGTH	
5:30 PM	LES MILLS 45 BODYPUMP	LES MILLS BODYCOMBAT	CXWORX	GRIT STRENGTH		
5:45 PM	STRENGTH	POWER	STRENGTH	FUNCTIONAL		
6:00 pm			GRIT CARDIO	LES MILLS BODYPUMP		
6:15 Pm	LES MILLS 45 BODYFLOW					
6:30 PM		FUNCTIONAL		POWER		

