

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM <b>shredded</b> (45min) Fred	5:30AM <b>swat</b> (45min) Fred	5:30AM <b>shredded</b> (45min) Fred	5:30AM <b>warrior</b> (45min) Jeremy	5:30AM <b>swat</b> (45min) Hayden	7:30AM <b>warrior</b> (45min) Fred	
6:20AM <b>shredded</b> (45min) Fred	6:20AM <b>warrior</b> (45min) Fred	6:20AM <b>swat</b> (45min) Fred	6:20AM <b>ignite</b> (45min) Jeremy	6:20AM <b>shredded</b> (45min) Hayden	8:00AM <b>yoga flow</b> (60min) Toni	9:00AM <b>shredded</b> (45min) Rotation
7:10AM <b>boxing burn</b> (45min) Fred	7:10AM <b>shredded</b> (45min) Fred	7:10am <b>ignite</b> (45min) Fred	7:10AM <b>warrior</b> (45min) Jeremy	7:10AM <b>swat</b> (45min) Hayden	8:40AM <b>suspension</b> (45min) Fred	9:30AM <b>yoga recover</b> (60min) Rotation
8AM <b>swat</b> (45min) Fred				8:00AM <b>shredded</b> (45min) Hayden	9:00AM <b>shredded</b> (45min) Justin	10:00am <b>warrior</b> (45min) Rotation
					9:30AM <b>boxing burn</b> (45min) Fred	11:10am <b>shredded</b> (45min) Julie
12:00PM <b>shredded</b> (45min) Fred	12:00AM <b>swat</b> (45min) Fred	12:00PM <b>shredded</b> (45min) Loren	12:00PM <b>ignite</b> (45min) Hayden	12:00PM <b>swat</b> (45min) Loren	10:00AM <b>swat</b> (45min) Justin	
				4:00PM <b>shredded</b> (45min) Loren	10AM <b>werq®</b> (60min) Allison	
4:50PM <b>swat</b> (30min) Robert	4:50PM <b>target 6</b> (30min) Robert	4:50PM <b>swat</b> (30min) Hayden	4:50PM <b>ropes gone wild</b> (30min) Hayden	4:50PM <b>swat</b> (30min) Loren	10:20AM <b>bags n bells</b> (45min) Fred	
5:30PM <b>swat</b> (30min) Justin	5:30PM <b>core</b> (30min) Julie	5:30PM <b>target 6</b> (30min) Loren	5:30PM <b>core</b> (30min) Hayden		10:50AM <b>primal move.</b> (60min) Justin	
5:30PM <b>shredded</b> (60min) Robert	5:30pm <b>swat</b> (45min) Hayden	5:30PM <b>ignite</b> (60min) Julia	5:30PM <b>warrior</b> (60min) Julia	5:30PM <b>shredded</b> (45min) Stefanie	12:00PM <b>swat</b> (45min) Justin	
	5:30PM <b>yoga recover</b> (45min) Robert	5:30PM <b>shredded</b> (45min) Hayden		5:30PM <b>yoga flow</b> (60min) Juliana	11:30AM <b>perform. series</b> (60 min) Fred	
6:10PM <b>swat</b> (45min) Justin	6:00PM <b>BLT</b> (30min) Julia	6:10PM <b>core</b> (30min) Loren	6:10pm <b>boxing burn</b> (45min) Hayden		1PM <b>perform. series</b> (60 min) Robert	
	6:20PM <b>gravity fit</b> (45min) Robert	6:20PM <b>shredded</b> (45min) Hayden				
6:40PM <b>werq®</b> (60min) Allison	6:20PM <b>warrior</b> (45min) Hayden		6:40PM <b>swat</b> (45min) Julia			
					<b>Conditioning (Hybrid)</b>	<b>Strength</b>
7:00PM <b>suspention</b> (45min) Hayden	7:10PM <b>swat</b> (45min) Hayden	7:10PM <b>bags n bells</b> (45min) Hayden	7:00PM <b>shredded</b> (45min) Hayden		<b>Yoga</b>	<b>Specialty</b>