

<u>START</u>	<u>END</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
<u>07:30AM</u>	<u>08:30AM</u>							
<u>10:00AM</u>	<u>11:00AM</u>						3	
<u>12:00AM</u>	<u>01:00PM</u>							
<u>12:30PM</u>	<u>01:30PM</u>							
<u>01:00PM</u>	<u>02:00PM</u>							
<u>06:30PM</u>	<u>07:30PM</u>	1	1	2	2	3		
<u>07:30PM</u>	<u>08:30PM</u>	1	1	2	2	3		
<u>09:30PM</u>		Closed	Closed	Closed	Closed	Closed	Closed	Closed



Back, Shoulders, Arms



Hamstrings, Butt, Thigh



Abs, Core, Compound, Cardio