

2017 Training Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:45	STRENGTH		POWER		POWER	
7:00-7:45		FUNCTIONAL		STRENGTH		
8:30-9:15						STRENGTH
11:00-11:45	STRENGTH	POWER	FUNCTIONAL	POWER	FUNCTIONAL	
12:00-12:45				STRENGTH		
5:00-5:45	POWER	STRENGTH	FUNCTIONAL	POWER	STRENGTH	
5:45-6:30	STRENGTH	POWER	STRENGTH	FUNCTIONAL		
6:30-7:15		FUNCTIONAL		POWER		

LES MILLS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am						LES MILLS BODYPUMP
Noon		GRIT PLYO				
5:30 pm	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	GRIT CARDIO			
6:00 pm			GRIT STRENGTH	LES MILLS BODYPUMP		