

# 2018 Training Schedule

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

