



Week of From 27-Jan-20 to 2-Feb-20

27-Jan-20 Chest & Triceps      28-Jan-20 Legs      29-Jan-20 Back & Biceps      30-Jan-20 Chest & Triceps      31-Jan-20 Legs      1-Feb-20 Back & Biceps      2-Feb-20 Total Body

**HITT Factory - Pleasanton**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time
Paul	5:00 AM	Tanner	5:00 AM	Paul	5:00 AM	Tanner	5:00 AM	Jimmy	5:00 AM	Taylor	7:30 AM	Qudre	8:00 AM
Paul	6:00 AM	Tanner	6:00 AM	Paul	6:00 AM	Tanner	6:00 AM	Jimmy	6:00 AM	Taylor	8:30 AM	Qudre	9:00 AM
Paul	8:30 AM	Taylor	8:30 AM	Rose	8:30 AM	Taylor	8:30 AM	Paul	8:30 AM	Taylor	9:30 AM		
Paul	9:30 AM	Taylor	9:30 AM	Rose	9:30 AM	Taylor	9:30 AM	Paul	9:30 AM				
Taylor	12:00 AM	Taylor	12:00 AM	Taylor	12:00 AM	Taylor	12:00 AM	Tanner	12:00 PM				
Jimmy	4:30 PM	Qudre	4:30 PM	Qudre	4:30 PM	Tanner	4:30 PM	Tanner	4:30 PM				
Jimmy	5:30 PM	Qudre	5:30 PM	Qudre	5:30 PM	Tanner	5:30 PM	Tanner	5:30 PM				
Jimmy	6:30 PM	Qudre	6:30 PM	Qudre	6:30 PM	Tanner	6:30 PM						

**HITT Factory - Livermore**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time	Trainer	Time
Tanner	5:00 AM	Paul	5:00 AM	Tanner	5:00 AM	Paul	5:00 AM	Doreen	5:00 AM	Ethel-Lynn	7:30 AM	Doreen	8:00 AM
Tanner	6:00 AM	Paul	6:00 AM	Tanner	6:00 AM	Paul	6:00 AM	Doreen	6:00 AM	Ethel-Lynn	8:30 AM		
Taylor	8:30 AM	Doreen	8:30 AM	Taylor	8:30 AM	Doreen	8:30 AM	Tanner	8:30 AM				
Taylor	9:30 AM	Doreen	9:30 AM	Taylor	9:30 AM	Doreen	9:30 AM	Tanner	9:30 AM				
Doreen	4:30 PM	Taylor	4:30 PM	Doreen	4:30 PM	Taylor	4:30 PM	Doreen	4:30 PM				
Doreen	5:30 PM	Taylor	5:30 PM	Doreen	5:30 PM	Taylor	5:30 PM						