

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am Strength & Conditioning	5:15am S & C Fitness	5:15am Strength + HIIT	5:15am Strength & Conditioning	5:15am S & C Fitness	
6:15am Strength & Conditioning	6:15am S & C Fitness	6:15 am <i>Lift Well Technique Class</i>	6:15am Strength & Conditioning	6:15am S & C Fitness	6:30am Strength & Conditioning (team)
		8:30 am Move Well Mobility			8:00am Strength & Conditioning (team)
9:15 am Strength & Conditioning	9:15 am S & C Fitness	9:15 am Strength + HIIT	9:15 am Strength & Conditioning	9:15 am S & C Fitness	9:00am Move Well Mobility
4:30pm Strength & Conditioning	4:30pm S & C Fitness	4:30pm Strength + HIIT	4:30pm Strength & Conditioning	4:30pm S & C Fitness	
5:45pm Strength & Conditioning	5:45pm S & C Fitness	5:45pm Strength + HIIT	5:45pm Strength & Conditioning		

