|  |
| --- |
| {{ monday.day\_name | capitalize }} ({{ monday.total\_duration }}):    Warmup ({{ monday.warmup.total\_duration }}):  {% for line in monday.warmup.rendered\_lines %}{{ line }}{% endfor %}  Wod ({{ monday.wod.total\_duration }}):  {% for line in monday.wod.rendered\_lines %}{{ line }}{% endfor %} |