

Heading

Day	Weekly						
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
00:00							
01:00							
02:00							
03:00							
04:00							
05:00		Workout 1	Workout 3	Workout 1	Workout 3	Workout 1	
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00		Workout 2		Workout 2		Workout 2	
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							