

## TRAINING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00AM							
11:30AM							
12:00PM							
12:30PM							
1:00PM							
1:30PM							
2:00PM							
2:30PM							
3:00PM							
3:30PM							
4:00PM							
4:30PM							
5:00PM							
5:30PM							
6:00PM			<b>TORSO SUPERIOR</b>	<b>TORSO INFERIOR</b>		<b>TORSO SUPERIOR</b>	<b>TORSO INFERIOR</b>
6:30PM			6:00PM-7:30PM	6:00PM-7:30PM		6:00PM-7:30PM	6:00PM-7:30PM
7:00PM							
7:30PM							
8:00PM							