



<u>SUN 8/1</u>	<u>MON 8/2</u>	<u>TUES 8/3</u>	<u>WED 8/4</u>	<u>THUR 8/5</u>	<u>FRI 8/6</u>	<u>SAT 8/7</u>
<b>ENDURANCE UPPER BODY</b>	<b>STAMINA TOTAL BODY</b>	<b>ENDURANCE LOWER BODY</b>	<b>SPEED/POWER CHEST, BACK, CORE</b>	<b>ENDURANCE GLUTES &amp; CORE</b>	<b>STAMINA UPPER BODY</b>	
	5:15AM - BRANDI	5:15AM - BOB	6:15AM - BRANDI	5:15AM - BRANDI	5:15AM - BOB	PUSH TRAINING
10:30AM - BOB	9:20AM - BRANDI	8:15AM - TRACY	9:20AM - TRACY	8:15AM - TRACY	8:15AM - KELLY	<b>NO CLASSES</b>
	5:30PM - BOB	5:30PM - TRACY	5:30PM - BRANDI	5:30PM - BRANDI	4:30PM - TRACY	