



<u>SUN 9/12</u> STAMINA TOTAL BODY	<u>MON 9/13</u> ENDURANCE LOWER BODY	<u>TUES 9/14</u> SPEED/POWER CHEST, BACK, & CORE	<u>WED 9/15</u> ENDURANCE GLUTES & CORE	<u>THUR 9/16</u> STAMINA UPPER BODY	<u>FRI 9/17</u> ENDURANCE TOTAL BODY	<u>SAT 9/18</u> SPEED/POWER LOWER BODY
10:30AM - TRACY  2:00PM - BRANDI	5:15AM - BOB  9:00AM - COURTNEY  4:15PM - KELLY 5:30PM - TRACY	5:15AM - BRANDI  8:15AM - KAREN  12:00PM - BOB  5:30PM - BOB	5:15AM - KELLY  9:00AM - TRACY  5:30PM - BOB	5:15AM - DAVID  8:15AM - TRACY  5:30PM - BRANDI	5:15AM - BRANDI  8:15AM - BOB  4:30PM - TRACY	8:15AM - COURTNEY 9:30AM - DAVID