



| <u>SUN 9/19</u> ENDURANCE CHEST, BACK, & CORE | <u>MON 9/20</u> STAMINA GLUTES & CORE | <u>TUES 9/21</u> ENDURANCE UPPER BODY | <u>WED 9/22</u> SPEED/POWER TOTAL BODY | <u>THUR 9/23</u> ENDURANCE LOWER BODY | <u>FRI 9/24</u> STAMINA CHEST, BACK, & CORE | <u>SAT 9/25</u> ENDURANCE GLUTES & CORE |
|---|---|--|--|---|---|---|
| 10:30AM - BOB 2:00PM - KELLY | 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 - BOB 8:15AM - KAREN 4:30PM - BRANDI | 8:15AM - BRANDI 9:30AM - TRACY |