



<u>10-Oct</u> ENDURANCE TOTAL BODY	<u>11-Oct</u> ENDURANCE LOWER BODY	<u>12-Oct</u> STAMINA CHEST, BACK, & CORE	<u>13-Oct</u> SPEED/POWER GLUTES & CORE	<u>14-Oct</u> ENDURANCE UPPER BODY	<u>15-Oct</u> STAMINA TOTAL BODY	<u>16-Oct</u> ENDURANCE LOWER BODY
	5:15AM - BOB	5:15AM - BRANDI	5:15AM - KELLY	5:15AM - DAVID	5:15AM - BRANDI	
10:30AM - BOB	9:00AM - COURTNEY	8:15AM - KAREN	9:00AM - TRACY	8:15AM - TRACY	8:15AM - BOB	8:15AM - KELLY 9:30AM - BOB
2:00PM - TRACY	4:15PM - KELLY 5:30PM - TRACY	12:00PM - BOB 5:30PM - BOB	5:30PM - BOB	5:30PM - BRANDI	4:30PM - TRACY	