



<u>SUN 10/3</u> STAMINA GLUTES & CORE	<u>MON 10/4</u> ENDURANCE UPPER BODY	<u>TUES 10/5</u> SPEED/POWER TOTAL BODY	<u>WED 10/6</u> ENDURANCE LOWER BODY	<u>THUR 10/7</u> STAMINA CHEST, BACK, & CORE	<u>FRI 10/8</u> ENDURANCE GLUTES & CORE	<u>SAT 10/9</u> SPEED/POWER UPPER BODY
10:30AM - BOB 2:00PM - TRACY	5:15AM - DAVID 9:00AM - COURTNEY 4:15PM - KAREN 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 - KELLY 4:30PM - BRANDI	8:15AM - KELLY 9:30AM - BOB