



<u>28-Nov</u> SPEED/POWER GLUTES & CORE	<u>29-Nov</u> ENDURANCE UPPER BODY	<u>30-Nov</u> STAMINA TOTAL BODY	<u>1-Dec</u> ENDURANCE LOWER BODY	<u>2-Dec</u> SPEED/POWER CHEST, BACK, & CORE	<u>3-Dec</u> ENDURANCE GLUTES & CORE	<u>4-Dec</u> STAMINA UPPER BODY
	5:15AM - BOB	5:15AM - BRANDI	5:15AM - KELLY	5:15AM - DAVID	5:15AM - BOB	
10:30AM - BOB	9:00AM - COURTNEY	8:15AM - KAREN	9:00AM - COURTNEY	8:15AM - BOB	8:15AM - KELLY	8:15AM - DAVID
2:00PM - COURTNEY	4:15PM - KELLY 5:30PM - KAREN	12:00PM - DAVID 5:30PM - BOB	5:30PM - BOB	5:30PM - BRANDI	4:30PM - BRANDI	9:30AM - KAREN