

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00 AM-6AM							
6:00 AM	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING		
7:00 AM	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING		
8:00 AM	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	
9:00 AM						STRENGTH & CONDITIONING	
10:00 AM	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	
11:00 AM						STRENGTH & CONDITIONING	
12:00 PM	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING		
1:00 PM							
2:00 PM	OPEN GYM ACCESS	OPEN GYM ACCESS	OPEN GYM ACCESS	OPEN GYM ACCESS	OPEN GYM ACCESS		
3:00 PM						OPEN GYM ACCESS	OPEN GYM ACCESS
4:00 PM							
	BLACK OUT PERIOD	BLACK OUT PERIOD	BLACK OUT PERIOD	BLACK OUT PERIOD	BLACK OUT PERIOD		
5:00 PM	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING		
6:00 PM	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING		
7:00 PM	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING		
8:00 PM -12:00 AM							