




















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 - 8:00 Bodyweight  		7:00 - 8:00 Bodyweight  		7:00 - 8:00 Weights  
	7:30 - 8:30 Weights 		7:30 - 8:30 Bodyweight 	
9:00 - 10:00 Bodyweight  	9:00 - 10:00 Weights 	9:00 - 10:00 Bodyweight 	9:00 - 10:00 Bodyweight 	9:00 - 10:00 Weights  
12:15 - 12:30 "Pulse" Class 		12:15 - 12:30 "Pulse" Class 		12:15 - 12:30 "Pulse" Class 
	5:00 - 6:00 Weights 		5:00 - 6:00 Bodyweight 