

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM		Stryker Challenge 6:00 - 7:00		Boot Camp 6:00 - 7:00	
6:30 AM					
7:00 AM					
8:00 AM					
9:00 AM					
10:00 AM			Boot Camp 10:00 - 10:45		
10:30 AM					
11:00 AM		Abs & Glutes 11:00 - 11:30			
11:30 AM	30 Minute HIIT 11:30 - 12:00	HIIT 11:45 - 12:15		Barre 11:30 - 12:15	30 Minute HIIT 11:30 - 12:00
12:00 PM	15 Minute Abs N Glutes 12:00 - 12:15			Yoga 12:30 - 1:15	15 Minute Abs N Glutes 12:00 - 12:15
12:30 AM	Barre 12:30 - 1:15		Barre 12:30 - 1:15		
1:00 PM					
1:30 AM					
2:00 PM					
2:30 AM					
3:00 PM					
3:30 AM			Strength & Mobility 3:15 - 4:00		
4:00 PM					
4:30 AM	Boot Camp 4:15 - 5:00		Yoga 4:30 - 5:30		
5:00 PM	HIIT 5:15 - 5:45				
5:30 AM					
6:00 PM					
7:00 PM					