



MON

TUE

WED

THU

FRI

SAT

SUN

6:00AM

TARGET
TOTAL
BODY

PROGRESS
SESSION

TARGET
TOTAL
BODY

PROGRESS
SESSION

8:30AM

PROGRESS
SESSION

TARGET
TEAM
8:45A

TARGET
TOTAL
BODY

TARGET
TEAM
8:45A

PROGRESS
SESSION

PROGRESS
SESSION
9:30A

10:00AM

PROGRESS
SESSION

PROGRESS
SESSION

PROGRESS
SESSION

TARGET
TOTAL
BODY
10:45A

12:00PM

PROGRESS
SESSION

TARGET
PUSH

PROGRESS
SESSION

TARGET
PULL

PROGRESS
SESSION

PROGRESS
SESSION
12:00P

5:15PM

PROGRESS
SESSION

TARGET
TOTAL
BODY

PROGRESS
SESSION

TARGET
TOTAL
BODY

6:30PM

TARGET
PUSH

PROGRESS
SESSION

TARGET
PULL

PROGRESS
SESSION

