

	TABATA MONDAY	TWISTED TUESDAY	STRENGTH WEDNESDAY	AMRAP THURSDAY	MOBILITY FRIDAY	SAMPLER SATURDAY
4:45 AM	4:45 AM	4:45 AM	4:45 AM	4:45 AM	4:45 AM	
5:45 AM						
5:50 AM	5:50 AM	5:50 AM	5:50 AM	5:50 AM	5:50 AM	
6:50 AM						
7:00 AM						
7:30 AM						7:30 AM
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM		9:30 AM		9:30 AM	9:30 AM	
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM	11:30 AM	11:30 AM		11:30 AM		
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM		
6:00 PM						
6:30 PM						
7:00 PM						

