

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



| | | | | | | |
|----------|--|--|--|--|--|---|
| 5:00 AM | | | | | | |
| 5:30 AM | | | | | | |
| 6:00 AM | | | | | | |
| 6:30 AM | | | | | | |
| 7:00 AM | | | | | | |
| 7:30 AM | Be Lean 7:15am (Upper Body) Angel | BeStrong 7:15-8:15am Mason | Be Lean 7:15am (Lower Body) Angel | Be Strong 7:15-8:15am Mason | Be Lean 7:15am (Full Body) Angel | |
| 8:00 AM | | | | | | |
| 8:30 AM | | Be Lean 8:30am (Upper Body) Mason | Be Lean 8:30am (Lower Body) Mason | | Be Strong 8:30-9:30am Angel | Be Fit 8:30-9:30am Daniel |
| 9:00 AM | | | | | | |
| 9:30 AM | | | | | Sailing Team Training 9:40-10:45am Reserved | Be Lean 9:15am (Full Body) Karissa |
| 10:00 AM | | | | Be Active 10:00-11:00am Mason | | |
| 10:30 AM | | | | | | |
| 11:00 AM | Be Active 11:00-12:00pm Jacob T | | Be Active 11:00-12:00pm Mason | | Be Fit 11:00-12:00pm Angel | |
| 11:30 AM | | | | | | |
| 3:00 PM | | | | | | |
| 4:00 PM | Youth Training Program 3:30-4:30pm | | Youth Training Program 3:30-4:30pm | | | |
| 4:30 PM | | | | | | |
| 5:00 PM | | | | | | |
| 5:30 PM | | | | | | |
| 6:00 PM | | | | | | |
| 6:30 PM | Be Lean 6:15pm (Upper Body) Jacob T | | Be Lean 6:15pm (Lower Body) Angel | | | |
| 7:00 PM | | | | | | |
| 7:30 PM | | | | | | |

