

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

8:00 AM

8:30 AM

9:00 AM

9:30 AM

10:00 AM

10:30 AM

11:00 AM

11:30 AM

3:00 PM

4:00 PM

4:30 PM

5:00 PM

5:30 PM

6:00 PM

6:30 PM

7:00 PM

7:30 PM

Be Lean7:15am (Upper Body)
Angel**BeStrong**7:15-8:15am
Mason**Be Lean**7:15am (Lower Body)
Jayson**Be Strong**7:15-8:15am
Mason**Be Lean**7:15am (Full Body)
Angel**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
Riley**Be Lean**9:15am (Full Body)
Karissa**Be Active**10:00-11:00am
Mason**Be Active**11:00-12:00pm
Jacob T**Be Active**11:00-12:00pm
Mason**Be Fit**11:00-12:00pm
Angel**Youth Training
Program 3:30-4:
30pm****Youth Training
Program 3:30-4:
30pm****Be Lean**6:15pm (Upper Body)
Jacob T**Be Lean**6:15pm (Lower Body)
Jayson

