

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 Lean**

6:00am (Lower Body)

Jayson

Be Lean

6:00am (Full Body)

Jayson

Be Lean

7:15am (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)

Jayson

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 Restored

10:30 AM

Karissa

Be Active

11:00-12:00pm

Jacob T

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