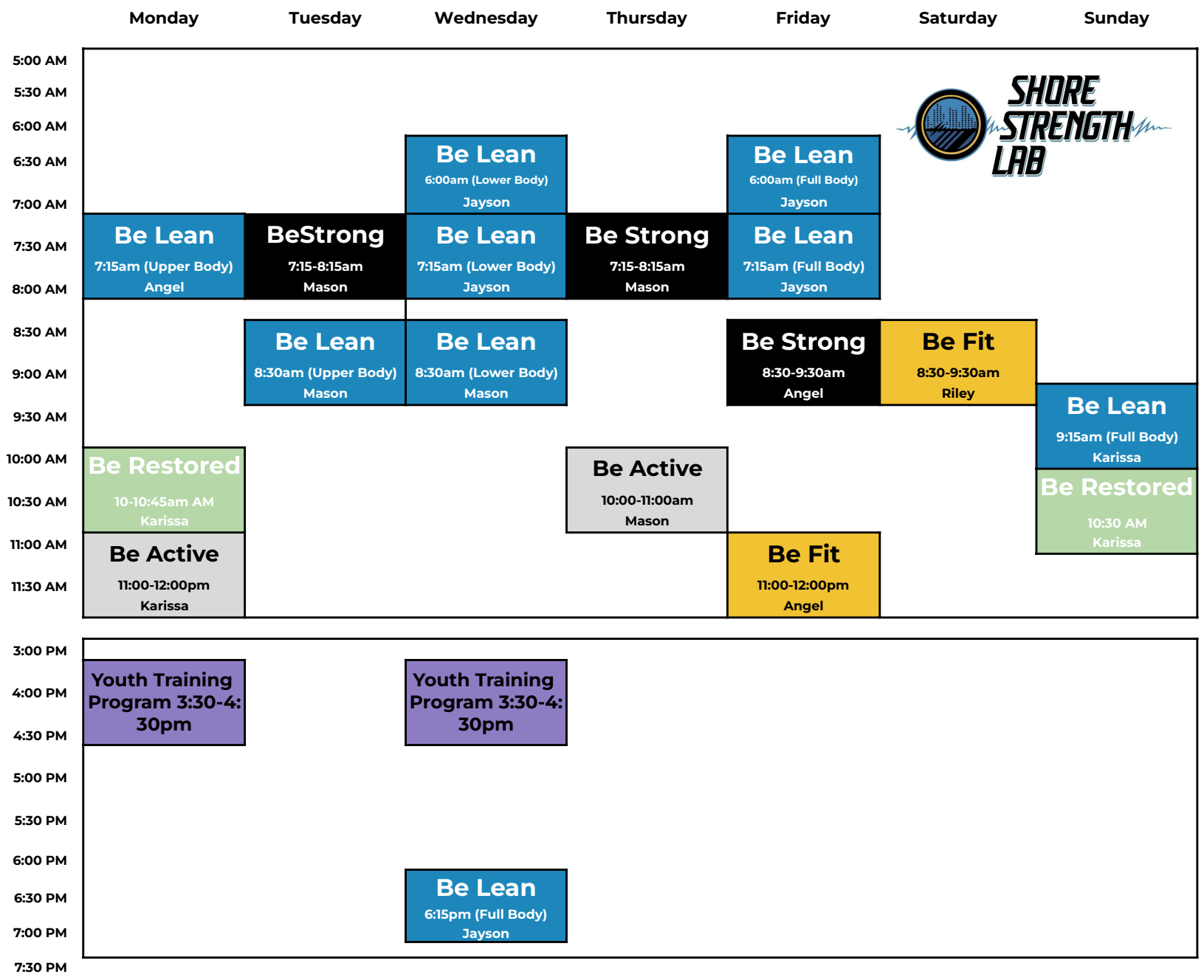

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
5:00 AM
5:30 AM
6:00 AM
6:30 AM
7:00 AM
7:30 AM
8:00 AM
8:30 AM
9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
3:00 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM
7:00 PM
7:30 PM
SHORE STRENGTH LAB
Be Lean
7:15am (Upper Body)
Angel
BeStrong
7:15-8:15am
Mason
Be Lean
6:00am (Lower Body)
Jayson
Be Lean
7:15am (Lower Body)
Jayson
Be Strong
7:15-8:15am
Mason
Be Lean
6:00am (Full Body)
Jayson
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 Restored
10-10:45am AM
Karissa
Be Active
10:00-11:00am
Mason
Be Restored
10:30 AM
Karissa
Be Active
11:00-12:00pm
Karissa
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 (Full Body)
Jayson