

TRAINING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Foundations			Afterburn	
5:30 AM	Afterburn		Small Group	Industrial Strength		
6:00 AM		Foundations			Afterburn	
6:30 AM	Foundations		Afterburn	Small Group		
6:45 AM		Small Group				
8:00 AM						Foundations
9:00 AM	Afterburn	Foundations	Small Group	Foundations	Small Group	Industrial Strength
10:00 AM	Small Group	Small Group	Afterburn	Small Group	Afterburn	Small Group
12:15 PM	Foundations	Industrial Strength	Small Group	Afterburn	Foundations	
4:30 PM		Industrial Strength			Afterburn	
5:00 PM	Foundations		Foundations	Afterburn		
5:30 PM	Small Group (5:15 pm)	Foundations/ Small Group	Small Group	Small Group	Foundations	
6:00 PM	Afterburn		Afterburn	Foundations		
6:30 PM		Foundations	Small Group	Small Group		
7:00 PM	Small Group					