

TRAINING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Afterburn	Foundations	Small Group	Industrial Strength	Afterburn		
6:30 AM	Small Group	Industrial Strength	Afterburn	Small Group	Foundations		
8:00 AM					Afterburn	Liza's Surprise Workout	Vickie's Surprise Workout
9:00 AM	Virtual Afterburn	Industrial Strength	Small Group	Foundations	Small Group	Industrial Strength (9:15)/ Foundations (9:15)	
10:00 AM				Small Group			
12:15 PM	Afterburn	Industrial Strength	Small Group	Afterburn	Foundations		
5:00 PM	Virtual Foundations	Industrial Strength			Afterburn		
5:30 PM	Small Group (5:15 pm)		Small Group	Foundations			
6:00 PM	Afterburn (6:15)	Foundations					
6:30 PM			Afterburn	Small Group			