

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							BY APPOINTMENT ONLY
6:45 AM	6:45 AM FITNESS	6:45 AM FITNESS	6:45 AM FITNESS	6:45 AM FITNESS	6:45 AM FITNESS		
7:00 AM							
8:00 AM	FUNCTION FITNESS	FUNCTION FITNESS	FUNCTION FITNESS	FUNCTION FITNESS	FUNCTION FITNESS		
9:00 AM						WEEKEND TEAMWORK	
10:00 AM							
11:00 AM							
12:00 PM	LUNCHTIME ATHLETICISM	LUNCHTIME ATHLETICISM	LUNCHTIME ATHLETICISM	LUNCHTIME ATHLETICISM	LUNCHTIME ATHLETICISM		
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM	MULTI MODALITY	MULTI MODALITY	MULTI MODALITY	MULTI MODALITY	MULTI MODALITY		
7:00 PM							
8:00 PM							