

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM		Barbell Club - Deadlift (1 Hour)		Barbell Club - Squat (1 Hour)			
6:45AM	Functional Fitness (45 mins)		Indoor Cycling (45 mins)		Bootcamp (45 mins)		
8:30AM						Barbell Metcon (45 Mins)	
9:00AM							Indoor Cycling (45 mins)
9:30AM	Barbell Club - Squat (1 Hour)	No Barbell, Strength Club (45 Mins)		Indoor Cycling (45 mins)	Barbell Club - Deadlift (1 Hour)	Indoor Cycling (45 mins)	
10:00AM							Yoga (1 Hour)
10:30AM						Core (45 Mins)	
12:30AM	Core (30 Mins)	Indoor Cycling (30 mins)	Barbell Metcon (45 Mins)	Bootcamp (30 Mins)	No Barbell, Strength Club (45 Mins)		
5:15PM	Indoor Cycling (30 mins)	Metcon (45 Mins)	Bootcamp (30 mins)	Core (30 mins)			
5:30PM					Indoor Cycling (30 mins)		
6:00PM	Bootcamp (45 Mins)		No Bar Strength Club (45 mins)	Functional Fitness (45 mins)			
6:30PM		Indoor Cycling (45 mins)					
7:00PM	Barbell Club - Deadlift (1 Hour)	Barbell Club - Olympic Lifting (1 Hour)	Indoor Cycling (45 mins)	Barbell Club - Squat (1 Hour)			