



TOTAL CONDITIONING SCHEDULE 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
5:30am	Total Conditioning 1		Strength		Cardio & Core			5:30am
6:00am								6:00am
6:30am	Express		Express		Express			6:30am
7:00am								7:00am
9:00am						Express		9:00am
9:30am						Total Conditioning 1		9:30am
10:00am								10:00am
10:30am						Strength		10:30am
11:30am								11:30am
12:00pm								12:00pm
5:30pm	Express	Express	Express	Express				5:30pm
6:00pm	Strength	Total Conditioning 2	Strength	Total Conditioning 1				6:00pm
6:30pm								