

TRAINING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00 AM	SMG	SMG	MET 10	SMG	ME MAYHEM		
5:15 AM	AFTERBURN						
5:30 AM							
5:45 AM		IND STRENGTH	MET 10	POWER BUILDER			
6:00 AM	AFTERBURN			SMG	ME MAYHEM		
7:00 AM			SMG		SMG		SMG
7:15 AM							IND STRENGTH
7:30 AM	SMG						
8:00 AM							
8:15 AM							IND STRENGTH
9:00 AM	SMG	IND STRENGTH	AFTERBURN	MET 10	ME MAYHEM	SMG	
10:00 AM		SMG		SMG			
CLOSED 12 PM to 4:30 PM							
4:30 PM	SMG		SMG	SMG			
5:00 PM							POWER BUILDER
5:30 PM	MET 10	SMG	AFTERBURN	SMG			
6:00 PM		IND STRENGTH			ME MAYHEM		
6:15 PM				AFTERBURN			
6:30 PM	AFTERBURN	IND STRENGTH	MET 10				
	SMG		SMG				
7:00 PM		IND STRENGTH					
7:15 PM				MET 10			