

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:00	OCR Advanced Training	OCR Advanced Training	OCR Advanced Training	OCR Advanced Training	OCR Advanced Training	
7:00	Muscle Gaining & Functional Training	Muscle Gaining & Functional Training	Muscle Gaining & Functional Training	Muscle Gaining & Functional Training	Muscle Gaining & Functional Training	
						P.I.T. Crew
9:00	Muscle Gaining & Functional Training		Muscle Gaining & Functional Training		Muscle Gaining & Functional Training	
12:00	Functional Express		Functional Express		Functional Express	
5:30	Muscle Gaining & Functional Training		Muscle Gaining & Functional Training		Muscle Gaining & Functional Training	