

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:15		HIIT and RUN		HIIT and RUN		
8:15	Muscle Gaining & Functional Training		HIIT Squad		Muscle Gaining & Functional Training	8:45 Barbell Club
9:30	Muscle Gaining & Functional Training	HIIT Squad	Muscle Gaining & Functional Training	HIIT Squad	Muscle Gaining & Functional Training	P.I.T. Crew
9:30	SGX Spartain Training	SGX Spartan Training	SGX Spartan Training	SGX Spartan Training	SGX Spartan Training	
12:30		Functional Express		Functional Express		
5:30	Muscle Gaining & Functional Training	HIIT Squad	Muscle Gaining & Functional Training	HIIT Squad		
6:30		SGX Spartan Training		SGX Spartan Training		