

WR 102	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
730						
800					Cardio Hicks	
830						
900						
930						
1000	Weight Training Goeden	Weight Training McQueen	Weight Training Goeden	Weight Training McQueen	Weight Training Hicks	
1030						
1100						
1130						
1200						
1230		Weight Training Spaz		Weight Training Spaz		
100						
130						
200	Weight Training Bovero	295 Spaz	Weight Training Bovero	295 Spaz		
230						
300						
330	Interval Brauer	Weight Training Spaz	Interval Brauer	Weight Training Spaz		
400						
430						
500		295 Spaz		295 Spaz		
530						
600						
630						
700						
730						
800						
830						
900	Subject to change!					