

DOWNTOWN

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

7:00 AM		CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING
		CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING
			FOUNDATION		FOUNDATION	
1:00 - 3:00 PM	THE GYMNAST					
6:00 PM		CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING
		CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING
7:00 PM		CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING
		CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING
		FOUNDATION		FOUNDATION	FOUNDATION	
8:00 PM		CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING
		CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING
9:00 PM		CROSS TRAINING			CROSS TRAINING	
		CONDITIONING			CONDITIONING	