

# DOWNTOWN

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

7:00 AM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING		
		FOUNDATION		FOUNDATION			
10:00 AM						FRIDAY BLAST	
1:00 - 3:00 PM							THE GYMNAST
6:00 PM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
					CONDITIONING		
7:00 PM	FOUNDATION	CROSS TRAINING	FOUNDATION	FOUNDATION	CROSS TRAINING		
	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING		
8:00 PM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING			
	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING			