

# MUST

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	FOUNDATION	FOUNDATION	FOUNDATION

6:00 PM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING
	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING
	FOUNDATION	FOUNDATION	FOUNDATION	FOUNDATION	FOUNDATION

7:00 PM	CROSS TRAINING	FOCUS HOUR	THE GYMNAST	CROSS TRAINING	CROSS TRAINING
	CONDITIONING			CONDITIONING	CONDITIONING

8:00 PM			CROSS TRAINING		
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