



Monday

0700-0730 TFH

0800-0830 Core

1130-1200 Core

1230-1300 SUSPENSION

1900-1945 Strength

Wednesday

0700-0730 TFH

1130-1200 SUSPENSION

1230-1300 TFH

1800-1845 Strength

Friday

0700-0730 Core

0800-0830 Suspension

1130-1200 TFH

1845-1915 Strength

Saturday

1230-1315 Strength