

	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>
<b>6-7 am</b>	HIIT/Interval	Strength	HIIT/Interval	Strength	HIIT/Cardio	
<b>9-10 am</b>	HIIT/Interval				HIIT/Cardio	
<b>12-1 pm</b>	HIIT/Interval				HIIT/Cardio	
<b>5:30-6:30 pm</b>	HIIT/Interval	Strength	Krav Maga	Strength	HIIT/Cardio	
<b>6:30-7:30 pm</b>	HIIT/Interval	Strength	HIIT/Interval	Strength	HIIT/Cardio	
<b>Sat – 9 am</b>						HIIT/OCR
<b>Sat – 10 am</b>						Krav Maga

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