

	MON	TUE	WED	THU	FRI	SAT
6-7 am	HIIT/Interval	Strength	HIIT/Interval	Strength	HIIT/Cardio	
5:30-6:30 pm	HIIT/Interval	Strength	HIIT/Interval	Strength	HIIT/Cardio	
6:30-7:30 pm	HIIT/Interval				HIIT/Cardio	
Sat – 8:30 am						HIIT/OCR