

## MUSCLE + MINDSET COACHING SCHEDULE

Powerlifting & Strength

Weightlifting

	MONDAY		TUESDAY	WEDNESDAY		THURSDAY	DAY FRIDAY		SATURDAY	
6:00-8:00AM	Sam	Nicky		Sam N	Nicky	Sam				
9:30-12:00PM	Amanda		Amanda	Amanda		Amanda		Sam	Amanda	
4:00-7:00PM	Amanda	Megan 5:00-7: 00pm	Ranch	Amanda Mega 0	an 5:00-7: 00pm	Amanda				