



MUSCLE + MINDSET COACHING SCHEDULE

Powerlifting & Strength

Weightlifting

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-8:00AM	Sam	Nicky		Sam		
9:30-12:00PM	Amanda	Amanda	Amanda	Amanda		Sam
4:00-7:00PM	Amanda	Ranch	Amanda	Amanda		
						Amanda