



# MUSCLE + MINDSET COACHING SCHEDULE

Powerlifting & Strength

Weightlifting

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-8:00AM	Sam	Nicky B.	Sam	Nicky B.	Sam	
9:30-12:00PM	Amanda	Amanda	Amanda	Amanda		Amanda
4:00-7:00PM	Amanda	Ranch	Amanda	Amanda		Nicki I.
	Megan 5:00-7:00pm		Megan 5:00-7:00pm			