



MUSCLE + MINDSET COACHING SCHEDULE

Powerlifting & Strength

Weightlifting

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
6:00-8:00AM	Amanda	Ryan	Ryan	Amanda	Ryan				
9:30-12:30PM	Amanda	Ryan	Amanda	Ryan	Amanda	Ranch	Ryan	Amanda	Ryan
		HEAD COACH MEETING (1-2pm)							
4:00-7:00PM	Amanda	Ryan	Ranch	Ryan	Amanda	Megan			