

MUSCLE + MINDSET COACHING SCHEDULE

Powerlifting & Strength

Weightlifting

	MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATU	SATURDAY	
6:00-8:00AM	Sam Ni	licky		Sam	Nicky	Sam				
9:30-12:00PM	Amanda		Amanda	Amanda		Amanda		Sam	Amanda	
4:00-7:00PM	Amanda Megar 00	n 5:00-7: 0pm	Ranch	Amanda	Megan 5:00-7: 00pm	Amanda				