



# MUSCLE + MINDSET COACHING SCHEDULE

Powerlifting & Strength

Weightlifting

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