



MUSCLE + MINDSET OPEN COACHING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM						
7:45 AM						
8:00 AM						
8:15 AM		Coach Amanda		Coach Amanda		
8:30 AM						
8:45 AM						
9:00 AM						
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM						Coach Amanda
11:45 AM						Coach Ryan
12:00 PM	Coach Amanda				Coach Amanda	
12:15 PM			Coach Amanda			
12:30 PM						
12:45 PM						
1:00 PM						
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM						
2:15 PM						
2:30 PM						
2:45 PM						
3:00 PM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM	Coach Amanda	Coach Amanda	Coach Amanda	Coach Amanda		
4:15 PM						
4:30 PM						
4:45 PM	Coach Amanda	Coach Amanda	Coach Amanda	Coach Amanda		
5:00 PM						
5:15 PM	Coach Ryan		Coach Ryan		Coach Ryan	
5:30 PM						
5:45 PM						
6:00 PM		"Barbell Buddies"		"Barbell Buddies"		
6:15 PM						
6:30 PM						
6:45 PM						