

Powerlifting

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 | | |