



MUSCLE + MINDSET COACHING & CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM						
6:30 AM	Powerlifting (Sam)			Powerlifting (Sam)		
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM		Powerlifting + Weightlifting (Amanda)		Powerlifting + Weightlifting (Amanda)		
9:00 AM		Office Hour (Amanda)		Office Hour (Amanda)		Powerlifting + Weightlifting (Amanda)
9:30 AM						
10:00 AM						Powerlifting (Amanda)
10:30 AM						Weightlifting (Christian)
11:00 AM						
11:30 AM						
12:00 PM	Office Hour (Amanda)		Office Hour (Amanda)		Office Hour (Amanda)	Restorative Yoga 30m
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Powerlifting + Weightlifting (Amanda)	Office Hour (Amanda)	Powerlifting + Weightlifting (Amanda)	Office Hour (Amanda)		
4:00 PM						
4:30 PM	Powerlifting (Amanda)	Powerlifting + Weightlifting (Amanda)	Powerlifting (Amanda)	Powerlifting (Amanda)		
5:00 PM	Weightlifting (Christian)		Weightlifting (Nicky)	Weightlifting (Megan)		
5:30 PM						
6:00 PM		Strength School (Amanda)	Strength School (Amanda)			
6:30 PM						
7:00 PM				Restorative Yoga 30m		
7:30 PM						
8:00 PM						
8:30 PM						