

M/M MUSCLE + MINDSET COACHING & CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM						
6:30 AM	REC PL Lincoln		REC PL Lincoln	REC PL Lincoln		
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM	Remote Office Hour Amanda	Remote Office Hour Amanda	Remote Office Hour Amanda	Remote Office Hour Amanda	Remote Office Hour Amanda	PL + WL Amanda
10:00 AM						PL + WL Amanda
10:30 AM						PL + WL Amanda
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Private Coaching Amanda	Private Coaching Amanda	Private Coaching Amanda	Private Coaching Amanda		
3:30 PM						
4:00 PM	ADV PL Amanda (90m)	PL + WL Amanda	PL + WL Amanda	ADV PL Amanda (90m)		
4:30 PM						
5:00 PM	REC PL Hannah	PL + WL Amanda	PL + WL Amanda	REC PL Hannah	WL Nicky	
5:30 PM	WL Megan			WL Nicky		
6:00 PM	ADV PL Amanda (90m)	PL + WL Amanda	PL + WL Amanda	ADV PL Amanda (90m)	REC PL Hannah	WL Nicky
6:30 PM	REC PL Hannah			REC PL Hannah		
7:00 PM	WL Megan			WL Nicky		
7:30 PM	Private Coaching Amanda	Private Coaching Amanda	Private Coaching Amanda	Private Coaching Amanda		
8:00 PM						
8:30 PM						