



MUSCLE + MINDSET TEAM COACHING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM							
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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	Coach Ryan
11:45 AM							
12:00 PM	Coach Amanda	Coach Amanda	Coach Amanda	Coach Amanda	Coach Amanda		
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM							
1:30 PM							
1:45 PM							
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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							
5:30 PM							
5:45 PM							
6:00 PM						Coach Ryan	
6:15 PM							
6:30 PM							
6:45 PM							