

M+M MUSCLE + MINDSET COACHING & CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM						
6:30 AM	BB STRENGTH Lincoln		BB STRENGTH Lincoln	BB STRENGTH Lincoln		
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						ALL PROGRAMS (12) Amanda
10:00 AM						ALL PROGRAMS (12) Amanda
10:30 AM						ALL PROGRAMS (12) Amanda
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM	OFFICE HOUR Amanda	OFFICE HOUR Amanda	OFFICE HOUR Amanda	OFFICE HOUR Amanda	OFFICE HOUR Amanda	
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	PL TEAM Amanda (8)		PL TEAM Amanda (8)	PL TEAM Amanda (8)		
4:30 PM		ALL PROGRAMS (12) Amanda				
5:00 PM	PL TEAM Amanda (8)	BB STRENGTH Hannah (8)	WL TEAM Christian (8)	ALL PROGRAMS (12) Amanda	PL TEAM Amanda (8)	WL TEAM Megan (8)
5:30 PM					BB STRENGTH Hannah (8)	
6:00 PM	PL TEAM Amanda (8)	BB STRENGTH Hannah (8)	WL TEAM Christian (8)	ALL PROGRAMS (12) Amanda	PL TEAM Amanda (8)	WL TEAM Megan (8)
6:30 PM					BB STRENGTH Hannah (8)	
7:00 PM	Private Coaching Amanda	Private Coaching Amanda	Private Coaching Amanda	Private Coaching Amanda		
7:30 PM						
8:00 PM						
8:30 PM						