

MUSCLE + MINDSET COACHING & CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM						
6:30 AM	Powerlifting (Hannah)		Powerlifting (Hannah)	Powerlifting (Hannah)		
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM		Powerlifting + Weightlifting (Amanda)		Powerlifting + Weightlifting (Amanda)		
9:00 AM						
9:30 AM	Office Hour (Amanda)	Office Hour (Amanda)	Office Hour (Amanda)	Office Hour (Amanda)	Office Hour (Amanda)	Powerlifting + Weightlifting (Amanda)
10:00 AM						
10:30 AM						Powerlifting (Amanda)
11:00 AM						Weightlifting (Christian)
11:30 AM						
12:00 PM						Guided Recovery - 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)		Powerlifting + Weightlifting (Amanda)	Powerlifting + Weightlifting (Amanda)		
4:00 PM		Powerlifting + Weightlifting (Amanda)				
4:30 PM	Powerlifting (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				Guided Recovery - 30m		
7:30 PM						
8:00 PM						
8:30 PM						