



MUSCLE + MINDSET COACHING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM	Open Coaching - Amanda		Open Coaching - Amanda	Open Coaching - Amanda		
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM						
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM	Open Coaching - Amanda				Open Coaching - Amanda	Open Coaching - Ryan
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM	Open Coaching - Amanda		Open Coaching - Amanda	Open Coaching - Amanda		
11:30 AM						
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM						
1:15 PM						
1:30 PM						
1:45 PM	CU Denver Powerlifting Team		Open Coaching - Amanda	Open Coaching - Ryan	CU Denver Powerlifting Team	Open Coaching - Ryan
2:00 PM						
2:15 PM						
2:30 PM						
2:45 PM						
3:00 PM	Open Coaching - Amanda					
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM	Open Coaching - Amanda					
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM	Open Coaching - Ryan					
5:45 PM						
6:00 PM						
6:15 PM						
6:30 PM						
6:45 PM						