

MIM MUSCLE + MINDSET COACHING & CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM						
6:30 AM	Powerlifting Sam	Powerlifting Sam	Powerlifting Sam	Powerlifting Sam		
7:00 AM						
7:30 AM						
8:00 AM						Youth Weightlifting Club Amanda
8:30 AM		Powerlifting Amanda		Powerlifting Amanda		Powerlifting Amanda
9:00 AM						Weightlifting Christian
9:30 AM		HIIT + Recovery XP - 30m		HIIT + Recovery XP - 30m		Flex Coaching - Amanda & Christian
10:00 AM						Powerlifting Amanda
10:30 AM						Weightlifting Christian
11:00 AM						
11:30 AM						HIIT + Recovery - 60m Amanda
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM	Daily Tune-Up - 30m	KB Flow - 30m	Daily Tune-Up - 30m	KB Flow - 30m	Collegiate Athlete Meetup (first Friday only)	
4:30 PM	Powerlifting Amanda	Powerlifting Ranch	Powerlifting Amanda	Powerlifting Amanda		
5:00 PM		Weightlifting Amanda		Weightlifting Megan		
5:30 PM	Flex Coaching - Amanda & Christian	Flex Coaching - Amanda & Ranch	Flex Coaching - Amanda & Nicky	Flex Coaching - Amanda & Megan		
6:00 PM	Powerlifting Amanda	Powerlifting Ranch	Powerlifting Amanda	Powerlifting Amanda		
6:30 PM	Weightlifting Christian	Oly Skills Amanda	Weightlifting Nicky	Oly Skills Megan		
7:00 PM	Strength School Amanda	HIIT + Recovery XP - 30m	Strength School Amanda	HIIT + Recovery XP - 30m		
7:30 PM						
8:00 PM						
8:30 PM						