

Weekly Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 CHEST & BACK		6-7 LEGS		6-7 SHOULDERS & ARMS		
7-8 CHEST & BACK		7-8 LEGS		7-8 SHOULDERS & ARMS		
	8-9 CHEST & BACK		8-9 LEGS		8-8:45 RUN/WALK	
8:30-9:30 CHEST & BACK	8:15-9 CARDIO	8:30-9:30 LEGS	8:15-9 CARDIO	8:30-9:30 SHOULDERS & ARMS		
9:30-10:30 CHEST & BACK	9-10 CHEST & BACK	9:30-10:30 LEGS	9-10 LEGS	9:30-10:30 SHOULDERS & ARMS	9-10 SHOULDERS & ARMS	
	9:15-10 CARDIO		9:15-10 CARDIO		10:15-11 CARDIO	
10:30-11:30 CHEST & BACK		10:30-11:30 LEGS		10:30-11:30 SHOULDERS & ARMS		
CLOSED						
4-5 CHEST & BACK	4-5 CHEST & BACK	4-5 LEGS	4-5 LEGS	4-5 SHOULDERS & ARMS		
	4:15-5 CARDIO		4:15-5 CARDIO			
5-6 CHEST & BACK	5-6 CHEST & BACK	5-6 LEGS	5-6 LEGS	5-6 SHOULDERS & ARMS		
	5:15-6 CARDIO		5:15-6 CARDIO			
6-7 CHEST & BACK		6-7 LEGS		6-7 SHOULDERS & ARMS		