

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0515	Beats and Bars	Loaded Limbar	Sweat Sesh	Loaded Limbar	Barbell Conditioning		
0600	Beats and Bars	Loaded Limbar	Sweat Sesh	Loaded Limbar	Barbell Conditioning		
0645	Beats and Bars	Loaded Limbar	Sweat Sesh	Loaded Limbar	Flex and Flow	Team Conditioning	
0730					Barbell Conditioning	Team Conditioning	
						Flex and Flow (08:15am)	
0930	Beats and Bars	Limbar Mum's	Sweat Sesh	Loaded Limbar		Team Conditioning (09:15am)	
				Limbar Mum's (10:30am)			
1600	Beats and Bars	Loaded Limbar	Barbell Conditioning	Loaded Limbar			
1645	Beats and Bars	Loaded Limbar	Flex and Flow	Loaded Limbar			
1730	Beats and Bars	Loaded Limbar	Barbell Conditioning	Loaded Limbar			
1815	Beats and Bars	Loaded Limbar	Barbell Conditioning	Loaded Limbar			