


	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>0515</i>	Beats and Bars	Loaded Limbar	Sweat Sesh	Loaded Limbar	Barbell Conditioning		
<i>0600</i>	Beats and Bars	Loaded Limbar	Sweat Sesh	Loaded Limbar	Barbell Conditioning		
<i>0645</i>	Beats and Bars	Loaded Limbar	Sweat Sesh	Loaded Limbar	Flex and Flow	Team Conditioning	
<i>0730</i>					Barbell Conditioning	Team Conditioning	
						Flex and Flow (8:15am)	
<i>0930</i>	Beats and Bars	Flex and Flow	Sweat Sesh	Loaded Limbar		Team Conditioning (9:15am)	
		Limbar Mum's (10:30am)		Limbar Mum's (10:30am)			
<i>1600</i>	Beats and Bars	Loaded Limbar	Sweat Sesh	Loaded Limbar			
<i>1645</i>	Beats and Bars	Loaded Limbar	Flex and Flow	Loaded Limbar			
<i>1730</i>	Beats and Bars	Loaded Limbar	Sweat Sesh	Boxing			
<i>1815</i>	Beats and Bars	Loaded Limbar	Sweat Sesh	Loaded Limbar			