

## 2020 VIRTUAL TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
<b>8:00-8:45am</b> STRENGTH CONDITIONING	<b>8:00-8:45am</b> AAA				
					<b>9:00-10:00AM</b> PILATES
		<b>10:00-10:45am</b> STRENGTH CONDITIONING		<b>10:00-10:45am</b> BARRE BURN	
<b>7:00-7:30PM</b> CORE BLAST			<b>7:00-7:45PM</b> STRENGTH CONDITIONING		
<b>7:30-8:00PM</b> CARDIO BLAST	<b>7:30-8:30PM</b> YOGA		<b>7:45-8:15pm</b> HIIT		