Typical Week Fitness Lifestyle

FLPT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
6:00 AM	Mark		Mark		Mark		
7:00 AM	Rick, Jake	Kim or Chris	Rick, Jake	Chris	Rick, Jake	Chris	
8:00 AM	Ken	Chris	Ken		Ken	Kim	Kim
9:00 AM	Jim		Jim		Jim	Jim	Tyler, Zach
10:00 AM		30m Paris					
11:00 AM	Tom,Genny		Tom,Genny		Tom,Genny	Cindy	
12:00 PM						*Boot Camp*	
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	Robyn	Jordan,Andy	Cindy	Jordan,Andy	Robyn		
5:00 PM	Heather	Dion	Heather	Dion	Heather		
			30m Cecilia				
6:00 PM					Kim		
7:00 PM		Lynda		Lynda			
8:00 PM							