

JUNE 2017

GRIT SCHEDULE

Sunday / Tuesday / Thursday

S - STRENGTH

Increases Lean
Muscle Mass

P - PLYO

Improves
Athleticism

C - CARDIO

Improves Cardio
Fitness

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
		6:00am - C 5:25pm - C		6:00am - S 5:25pm - P		
4	5	6	7	8	9	10
8:30am - S		6:00am - S 5:25pm - S		6:00am - P 5:25pm - C		
11	12	13	14	15	16	17
8:30pm - P		6:00am - P 5:25pm - P		6:00am - C 5:25pm - C/P		
18	19	20	21	22	23	24
8:30am - C		6:00am - C 5:25pm - S		6:00am - C/P 5:25pm - P		
25	26	27	28	29	30	
8:30am - P		6:00am - S 5:25pm - C		6:00am - S 5:25pm - C		



ROBERT WOOD JOHNSON
FITNESS & WELLNESS CENTER