JUNE 2017

GRIT SCHEDULE

Sunday / Tuesday / Thursday

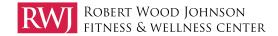
S-STRENGTH

P - PLYO

C - CARDIO

Increases Lean Muscle Mass Improves Athleticism 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		



1