

NOVEMBER 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	4
				6:00am - P		
5	6	7	8	9	10	11
8:30am - P		6:00am - S 5:25pm - P		6:00am - C		
12	13	14	15	16	17	18
8:30pm - C		5:25pm - C		6:00am - S		
19	20	21	22	23	24	25
8:30am - S		6:00am - C 5:25pm - S		<i>Happy Thanksgiving</i>		
26	27	28	29	30		
8:30am - P		6:00am - S 5:25pm - P		6:00am - C		



ROBERT WOOD JOHNSON
FITNESS & WELLNESS CENTER