

OCTOBER 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	5	6	7
8:30am - C		6:00am - P 5:25pm - C		6:00am - S		
8	9	10	11	12	13	14
8:30am - S		6:00am - C 5:25pm - S		6:00am - P		
15	16	17	18	19	20	21
8:30pm - P		6:00am - S 5:25pm - P		6:00am - C		
22	23	24	25	26	27	28
8:30am - C		6:00am - P 5:25pm - S		6:00am - S		
29	30	31				
8:30am - S		6:00am - C 5:25pm - P				



ROBERT WOOD JOHNSON
FITNESS & WELLNESS CENTER