

JANUARY 2018

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



ROBERT WOOD JOHNSON
FITNESS & WELLNESS CENTER