

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:15	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	
6:15	SGX Spartan with Kasey	Speed & Strength with Zak	SGX Spartan with Kasey	Conditioning with Zak	SGX Spartan with Kasey	
7:15	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	
8:15	Functional Training with Anita		Functional Training with Anita		Functional Training with Anita	
9:00						Barbell Club with Zak
9:30	Functional Training with Anita	Functional Training with Anita	Functional Training with Anita	Functional Training with Anita		Saucy Saturday (Coach Varies)
10:15	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	
12:30		Anita		Anita		
3:30	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	
4:30	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	SGX Spartan with Kasey	
5:30	Functional Training with Anita	Functional Training with Anita	Functional Training with Anita	Functional Training with Anita	Speed/Strength/Conditioning with Zak	
6:15			Mobility with Zak			
6:30	SGX Spartan with Kasey	Speed & Strength with Zak	SGX Spartan with Kasey	Conditioning with Zak	SGX Spartan with Kasey	