



DEDICATION! SWEAT! = RESULTS

SMALL GROUP TRAINING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
930 AM UPPER BODY w/ Kelsi	6 AM CARDIO w/ Kelsi	930 AM LEGS w/ Kelsi	6 AM CARDIO w/ Kelsi	930 AM STRETCH w/ Joseph	9 AM SUMMER SCULPT w/ Kelsi
6 PM UPPER BODY w/ Kelsi	515 PM CARDIO w/ Joseph	6 PM LEGS w/ Steele	515 PM CARDIO w/ Steele	6 PM CONQUER THE COURSE w/ Kelsi	