

RESSURECT TRAINING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	LIFT (ANDREA)		STRONG FOUNDATION (ANDREA)		STRENGTH LAB (ANDREA)		
7:20 AM							
8:00 AM						STRIKE & SCULPT (KARLEY)	POWER STEP (KARLEY)
9:15 AM	LIFT (ANDREA)	HIIT FACTORY (KARLEY)	STRONG FOUNDATION (ANDREA)	HIIT FACTORY (KARLEY)	STRENGTH LAB (ANDREA)	IMPROVE YOUR MOVE (ANDREA)	
9:45 AM		MOBILITY MOVES (KARLEY)		MOBILITY MOVES (KARLEY)			
10:30 AM - 12:00 PM	ROOM RENTAL (July 27th - August 3rd)		ROOM RENTAL (July 27th - August 3rd)				
1:00 PM	TEAM TRAINING		TEAM TRAINING		TEAM TRAINING		
3:30 PM	TEAM TRAINING				TEAM TRAINING		
4:30 PM	TEAM TRAINING		TEAM TRAINING		BOXING (ANDREA)	TOTAL TENSION (MARIAN)	
5:30 PM	POWER STEP (KARLEY)	TOTAL TENSION (MARIAN)	TONE & BURN (KARLEY)	BEAT & BURN (KARLEY)	MOVE STRONG (KARLEY)		
6:30 PM		BOXING (KARAN)	BOXING (KARAN)	BOXING (KARAN)			
8:00 PM							