

October



MON: 6am-10am Kenzie
TUE: 10am-2pm Keisha
WED: 6am-10am Marko
THURS: 10am-2pm Marko
FRI: 6am-10am Keisha

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
	Arms (back & biceps)	Legs	Core	Arms (shoulder, triceps, chest)	Cardio/Legs	
7	8	9	10	11	12	13
	Agility/Balance	Arms (back & biceps)	Legs	Core	Arms (shoulder, triceps, chest)	
14	15	16	17	18	19	20
	Cardio/Legs	Agility/Balance	Arms (back & biceps)	Legs	Core	
21	22	23	24	25	26	27
	Arms (shoulder, triceps, chest)	Cardio/Legs	Agility/Balance	Arms (back & biceps)	Legs	
28	29	30	31	November 1	November 2	3
	Core	Arms (shoulder, triceps, chest)	Cardio/Legs	Agility/Balance	Arms (back & biceps)	