

August

2019

STRONG, CRIT, FIGHT, FIT, TRAINER'S CHOICE, BOOTCAMP ONLY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|--|---|--|--|--|---------------------|
| | | | | 1 830am KATIE 420pm JAY 530pm FRANKIE | 2 830am NICHOLE 420pm JAY 530pm JAY | 3 915am JAY |
| 4 915am Coach | 5 830am MIKE 420pm JAY 530pm FRANKIE | 6 830am FRANKIE 420pm JAY 530pm JAY | 7 830am MIKE 420pm FRANKIE 530pm KAYLIN | 8 830am KAYLIN 420pm KATIE 530pm ASHLEY | 9 830am FRANKIE 420pm KATIE 530pm ASHLEY | 10 915am MIKE |
| 11 915am MIKE | 12 830am Kaylin 420pm Katie . 530pm Frankie . | 13 830am Frankie 420pm Mike 530pmAshley . | 14 830amMike 420pm Kaylin 530pm Kaylin . | 15 830am Ashley 420pm Mike . 530pm Katie | 16 830am Nichole 420pmMike . 530pm Katie | 17 915am Frankie |
| 18 915am Mike | 19 830am Nichole 420pmMike . 530pm Ashley | 20 830am Ashley 420pm Frankie 530pmFrankie . | 21 830am Frankie 420pmMike . 530pmKatie . | 22 830am Mike 420pm Frnakie . 530pm Frankie | 23 830am Frankie 420pm Mike 530pm Mike | 24 915am Kaylin |
| 25 915am Coach | 26 830am Nichole 420pmKatie . 530pm Katie | 27 830am Frankie 420pm Mike 530pm Mike . | 28 830am Frankie 420pm Jay 530pm Jay | 29 830am Jay 420pm Katie 530pm Ashley | 30 830am Mike 420pm Frankie 530pm Frankie . | 31 915am Kaylin |

Schedule is subject to change