PROGRAM ROSTER:

Strength & CORE	Cardio & CORE	Strength & CORE	Cardio & CORE	Strength & CORE	BOOTCAMP/MILITARY BASED TRAINING	
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	5am **Rachael - Fieldhouse**	**5am** **Justin/Kierra - Fieldhouse**	**5am** **Rachael - Fieldhouse**			
					8:30 **Justin - Fieldhouse**	**8:30** **Rachael - Fieldhouse**
9:30 **Justin - Fieldhouse**	**9:30** **Justin - Fieldhouse**	**9:30** **Justin - Fieldhouse**	**9:30** **Justin - Fieldhouse**	**9:30** **Taylor - Fieldhouse**		
6pm **Justin - Fieldhouse**	**6pm** **Justin - Functional Area**	**6pm** **Taylor - Fieldhouse**	**6pm** **Taylor - Functional Area**			

CLASS STRUCTURE:

Strength & CORE Monday	Cardio & CORE Tuesday	Strength & CORE Wednesday	Cardio & CORE Thursday	Strength & CORE Friday	Specialty - BOOTCAMP/MILITARY BASED TRAINING Saturday	 Sunday
Warm-up 10 mins Static Stretches Dynamic Warmups	**Warm-up 10 mins** Static Stretches Dynamic Warmups	**Warm-up 10 mins** Static Stretches Dynamic Warmups	**Warm-up 10 mins** Static Stretches Dynamic Warmups	**Warm-up 10 mins** Static Stretches Dynamic Warmups	**Warm-up 10 mins** Static Stretches Dynamic Warmups	**Warm-up 10 mins** Static Stretches Dynamic Warmups
Workout - 30 mins KNEE DOMINANT HIP DOMINANT PUSH/PULL ARMS - TRI/BIS Sled Push/Pulls	**Workout - 30 mins** BOX WORK SPRINTS RELAYS BATTLE ROPE PLYOS	**Workout - 30 mins** KNEE DOMINANT HIP DOMINANT PUSH/PULL BACK/CHEST/SHOULDER Sled Push/Pulls	**Workout - 30 mins** BOX WORK SPRINTS RELAYS BATTLE ROPE PLYOS	**Workout - 30 mins** ALL BODYWEIGHT EXERCISES Sled Push/Pulls	**Workout - 30 mins** MILITARY-BASED (BOOTCAMP/OBSTACLE COURSE STYLE)	**Workout - 30 mins** MILITARY-BASED (BOOTCAMP/OBSTACLE COURSE STYLE)
CORE - 10 mins OBLIQUES ABS GLUTES	**CORE - 10 mins** OBLIQUES ABS GLUTES	**CORE - 10 mins** OBLIQUES ABS GLUTES	**CORE - 10 mins** OBLIQUES ABS GLUTES	**CORE - 10 mins** OBLIQUES ABS GLUTES	**CORE - 10 mins** OBLIQUES ABS GLUTES	**CORE - 10 mins** OBLIQUES ABS GLUTES
Cooldown - 5 mins Cooldown static stretches	**Cooldown - 5 mins** Cooldown static stretches	**Cooldown - 5 mins** Cooldown static stretches	**Cooldown - 5 mins** Cooldown static stretches	**Cooldown - 5 mins** Cooldown static stretches	**Cooldown - 5 mins** Cooldown static stretches	**Cooldown - 5 mins** Cooldown static stretches