

RFC SCHEDULE

| TIME | MON | TUE | WED | THURS | FRI | SAT | TIME |
|----------|-----------------------|-------------------|---------------|-----------------------|-----------------------|-------------------|----------|
| 6:00 AM | Foundational Strength | Endurance Fitness | Regeneration | Foundational Strength | Power and Speed | | 6:00 AM |
| 7:00 AM | PERSONAL TRAINING | | | PERSONAL TRAINING | | | 7:00 AM |
| 8:00 AM | PERSONAL TRAINING | | | PERSONAL TRAINING | | Wild Card | 8:00 AM |
| 9:00 AM | PERSONAL TRAINING | PERSONAL TRAINING | | PERSONAL TRAINING | PERSONAL TRAINING | PERSONAL TRAINING | 9:00 AM |
| 10:00 AM | Bridge | PERSONAL TRAINING | Bridge | PERSONAL TRAINING | Bridge | PERSONAL TRAINING | 10:00 AM |
| 11:00 AM | PERSONAL TRAINING | | | PERSONAL TRAINING | | | 11:00 AM |
| 12:00 PM | Athletic Conditioning | Tuesday Tabata | | Thursday Tabata | Foundational Strength | | 12:00 PM |
| 1:00 PM | | | | | | | 1:00 PM |
| 2:00 PM | | | | | | | 2:00 PM |
| 3:00 PM | | | | | | | 3:00 PM |
| 4:00 PM | PERSONAL TRAINING | | | | | | 4:00 PM |
| 5:00 PM | Power and Speed | Endurance Fitness | Cali Strength | Foundational Strength | | | 5:00 PM |
| 6:00 PM | | PERSONAL TRAINING | | PERSONAL TRAINING | | | 6:00 PM |