RFC SCHEDULE

	MON	TUE	WED	THURS	FRI	SAT	
6:00 AM	Foundational Strength	Endurance Fitness	Regeneration	Foundational Strength	Power and Speed		6:00 AM
7:00 AM							7:00 AM
8:00 AM						Wild Card	8:00 AM
9:00 AM							9:00 AM
10:00 AM	Bridge		Bridge		Bridge		10:00 AM
11:00 AM		Core Strength and Flexibility		Core Strength and Flexibility			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							4:00 PM
5:00 PM	Power and Speed	Endurance Fitness	Wild Card	Foundational Strength			5:00 PM
6:00 PM							6:00 PM