

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	PERSONAL TRAINING			PERSONAL TRAINING			7:00 AM
8:00 AM				PERSONAL TRAINING		Wild Card	8:00 AM
9:00 AM		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	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	PERSONAL TRAINING						4:00 PM
5:00 PM	Power and Speed	Endurance Fitness		Foundational Strength			5:00 PM
6:00 PM		PERSONAL TRAINING		PERSONAL TRAINING			6:00 PM

