

OCT 28-NOV 2, 2024

MONDAY

5:30AM - JOY

CONDITIONING

BODY WEIGHT

9:00AM -PAM

5:30AM -JOY

1

9:00AM-PAM (BOXING)

10:00AM -JOY

FULL BODY

WEDNESDAY

TUESDAY

5:30AM -JOY

9:00AM -PAM

LOWER

STRENGTH

THURSDAY

9:00AM -HEATHER

UPPER

STRENGTH

FRIDAY

5:30AM -JOY

10:00AM -JOY

CORE

CONDITIONING

SATURDAY



NOVEMBER 4-9, 2024

MONDAY

5:30AM - JOY 9:00AM - PAM

FULL BODY

TUESDAY

5:30AM - JOY 9:00AM - PAM (BOXING) 10:00 - PAM

LOWER STRENGTH

WEDNESDAY

5:30AM -JOY

9:00AM -PAM

UPPER

STRENGTH

THURSDAY

9:00AM -HEATHER

_CORE

CONDITIONING

FRIDAY

5:30AM -JOY 10:00AM -JOY

BODY WEIGHT
CONDITIONING

SATURDAY



NOVEMBER 11-16, 2024

MONDAY

5:30AM -JOY 9:00AM -PAM'

LOWER

STRENGTH

TUESDAY

5:30AM -JOY 9:00AM-PAM (BOXING)

STRENGTH

UPPER

WEDNESDAY

5:30AM -JOY

10:00AM -PAM

9:00AM -PAM

CORE

CONDITIONING

THURSDAY

9:00AM -HEATHER

BODY WEIGHT

CONDITIONING

FRIDAY

5:30AM -JOY

10:00AM -JOY

FULL BODY

SATURDAY

9:00AM -JOY

FULL BODY



NOVEMBER 18-23, 2024

MONDAY

5:30AM -JOY

9:00AM -PAM

CONDITIONING

CORE

TUESDAY

5:30AM -JOY 9:00AM-PAM (BOXING)

BODY WEIGHT
CONDITIONING

WEDNESDAY

5:30AM -JOY

9:00AM -PAM

10:00AM -PAM

FULL BODY

THURSDAY

9:00AM -HEATHER

LOWER

STRENGTH

FRIDAY

5:30AM -JOY

UPPER

10:00AM -JOY

STRENGTH

SATURDAY



NOV 25-30, 2024

MONDAY

5:30AM -JOY

9:00AM -PAM

CONDITIONING

CORE

TUESDAY

5:30AM -JOY

BODY WEIGHT

10:00AM -JOY

9:00AM-PAM (BOXING)

CONDITIONING

WEDNESDAY

5:30AM -JOY

9:00AM -PAM

FULL BODY

THURSDAY

FRIDAY

9:00AM -HEATHER

LOWER

STRENGTH

W .

5:30AM -JOY

STRENGTH

UPPER

10:00AM -JOY

SATURDAY