



week of
4TH OF JULY
WORKOUT SCHEDULE

Mon - 9:30 FF ★ 4:30 SS ★ 5:30 FF

Tues - 5:30 FF ★ 4:30 SS ★ 5:30 Y ★ 6:30 FF

Wed - 9:30 FF ★ 4:30 SS ★ 5:30 FF

Thurs - 9:30 FF Only ★ Happy 4th of July!

Fri - 9:30 FF ★ 4:30 FF/SS

Sat - 8:00 FF