



# TEAM TRAINING SCHEDULE

ONLY 4 PARTICIPANTS PER WORKOUT

FOCUS	LOWER	TOTAL	UPPER	LOWER	TOTAL		UPPER
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
6:00 AM	ANNA	JAY	JAMES	JAY	ANNA	8:00 AM	SARA
6:40 AM	ANNA	JAY	JAMES	JAY	ANNA	8:40 AM	SARA
7:20 AM	ANNA	JAY	JAMES	JAY	ANNA	9:20 AM	JAMES
8:40 AM	ANNA	JAMES		SARA	ANNA	10:00 AM	JAMES
9:20 AM	ANNA	JAMES	JAMES	SARA	ANNA	10:40 AM	
10:00 AM	ANNA	JAMES	JAMES	SARA	ANNA	11:20 AM	WORSHIP
4:00 PM	JAY	JAMES	JAMES	SARA		<div style="border: 2px solid black; padding: 10px; text-align: center;"> <h2>SUNDAY CLOSED</h2> </div>	
4:40 PM		JAMES	JAMES	SARA			
5:20 PM	JAY	ANNA	KATIE	KATIE	JAY		
6:00 PM	JAMES	ANNA	KATIE	KATIE			
6:40 PM	JAMES	ANNA	KATIE	KATIE			