

FALL BACK - INTO - FITNESS!

SCHEDULE

MONDAY

9:30AM - FUNCTIONAL HYPERTROPHY, LOWER BODY WITH PATRICK

6:00PM - CIRCUIT TRAINING WITH ALEX

WEDNESDAY

9:30AM - CIRCUIT TRAINING WITH ALEX

12:00PM - FUNCTIONAL HYPERTROPHY, UPPER BODY WITH PATRICK

6:00PM - KETTLEBELL TRIFECTA WITH AMY

FRIDAY

5:45AM - KETTLEBELL TRIFECTA WITH AMY

SATURDAY

10:00AM - CIRCUIT TRAINING WITH BRUNI

