

	MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH		SATURDAY 28TH
6:30 AM	STRENGTH BOX	ENDURANCE BOX	STRENGTH BOX	ENDURANCE BOX	SPEED BOX		
7:30 AM				STRENGTH BOX			
8:30 AM							ENDURANCE BOX
12:15 PM	SPEED BOX	STRENGTH BOX	CONDITIONING	SPEED BOX	ENDURANCE BOX		
1:00 PM	STRENGTH BOX		BOX SKILL				
5:30 PM	ENDURANCE BOX	SPEED BOX	ENDURANCE BOX	CONDITIONING			