

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