

# TEAM TRAINING TIMETABLE

	MON	TUES	WED	THURS	FRI	SAT
6AM				METCON	METCON	8AM STRONG
6:30AM	METCON	METCON	METCON			9AM METCON
7AM				METCON	FLOW	
7:30AM						
12PM	METCON				METCON	
5PM	METCON			STRONG	METCON	
6PM	STRONG	METCON	METCON	METCON	STRONG	
7PM	METCON	PERFORM	STRONG	PERFORM		