

VIVOFit

STRONG

MONDAY	6:30 AM	FORGE
	7:30 AM	LOAD
	6:30 PM	FORGE
TUESDAY	7:30 AM	FORGE
	8:30 AM	LOAD
WEDNESDAY	6:30 AM	FORGE
	7:30 AM	LOAD
	6:30 PM	LOAD
THURSDAY	7:30 AM	FORGE
	8:30 AM	LOAD
FRIDAY	7:30 AM	FORGE
	4:00 PM	FORGE
SATURDAY	9:00AM	FORGE+
	10:30AM	FEMFIT