

VIVAFit

STRONG

MONDAY	6:30 AM	FORGE
	8:30 AM	LOAD
	9:30 AM	SHAPE (LOWER BODY)
	6:30 PM	FORGE
TUESDAY	7:30 AM	FORGE
	8:30 AM	CHISEL (UPPER BODY)
	6:15 PM	FEMFIT
WEDNESDAY	6:30 AM	FORGE
	8:30 AM	LOAD
	9:30 AM	SHAPE (LOWER BODY)
	6:30 PM	LOAD
THURSDAY	7:30 AM	FORGE
	8:30 AM	CHISEL (UPPER BODY)
	6:15 PM	FEMFIT
FRIDAY	7:30 AM	LOAD
	8:30 AM	FORGE
	4:00 PM	LOAD
SATURDAY	9:00 AM	FORGE+