No Fat Birthdays Weekly schedule

September 17 – September 23, 2017

Time / period	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8AM							Semi Private PT
8:30AM							EGT Team training
9:30AM							RIPPED
10AM		HIIT MAX		Dirty 30			
5:45PM		Bodyweight Challenge	STRONGER "Team Training"	Killer Core	1000 Reps		
6:30PM		RIPPED	STRONGER "Team Training"	RIPPED	1000 Reps		
7:15PM			YOGA FLOW				