

RISE ABOVE AVERAGE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	RIPPED CAMP	RIPPED CAMP	RIPPED CAMP	RIPPED CAMP	RIPPED CAMP	
6:30AM	RIPPED CAMP RPELITE SPEED	RIPPED CAMP RPELITE SPEED	RIPPED CAMP RPELITE SPEED	RIPPED CAMP RPELITE SPEED	RIPPED CAMP RPELITE SPEED	
7:00AM	BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB	
8:00AM	YOGA/STRETCH RECOVERY	YOGA/STRETCH RECOVERY	YOGA/STRETCH RECOVERY	YOGA/STRETC H RECOVERY	YOGA/STRETC H RECOVERY	RIPPED CAMP
9:00AM	HYBRID	HYBRID	HYBRID	HYBRID	HYBRID	RIPPED CAMP RPELITE SPEED
10:00AM	YOGA/STRETCH RECOVERY	YOGA/STRETCH RECOVERY	YOGA/STRETCH RECOVERY	YOGA/STRETC H RECOVERY	YOGA/STRETC H RECOVERY	HYBRID/RPSPE ED/RPELITE SPEED
11:00AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	RPELITE
12:00PM	YOGA/STRETCH RECOVERY	YOGA/STRETCH RECOVERY	YOGA/STRETCH RECOVERY	YOGA/STRETC H RECOVERY	YOGA/STRETC H RECOVERY	
1:00-2PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
3:30PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
4:30PM	RPELITE SPEED	RPELITE SPEED	RPELITE SPEED	RPELITE SPEED	RPELITE SPEED	

5:00PM	RPSPEED HYBRID	RPSPEED HYBRID	RPSPEED HYBRID	RPSPEED HYBRID	RPSPEED HYBRID	
6:15PM	RPELITE RIPPED CAMP	RPELITE RIPPED CAMP	RPELITE RIPPED CAMP	RPELITE RIPPED CAMP	RPELITE RIPPED CAMP	
7:30PM	TEAM TRAINING RIPPED CAMP	TEAM TRAINING RIPPED CAMP	TEAM TRAINING RIPPED CAMP	TEAM TRAINING RIPPED CAMP	TEAM TRAINING RIPPED CAMP	
9:00PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	