RISE ABOVE AVERAGE TUESDAY TIME MONDAY WEDNESDAY THURSDAY FRIDAY SATURDAY 5:30AM RIPPED CAMP RIPPED CAMP RIPPED CAMP RIPPED CAMP RIPPED CAMP 6:30AM RIPPED CAMP RIPPED CAMP RIPPED CAMP RIPPED CAMP RIPPED CAMP RPELITE SPEED RPELITE SPEED RPELITE SPEED RPELITE RPELITE SPEED SPEED **BREAKFAST** 7:00AM **BREAKFAST BREAKFAST BREAKFAST BREAKFAST** CLUB CLUB CLUB CLUB CLUB 8:00AM YOGA/STRETCH YOGA/STRETCH YOGA/STRETCH YOGA/STRETC YOGA/STRETC RIPPED CAMP RECOVERY RECOVERY RECOVERY **H RECOVERY H RECOVERY** 9:00AM **HYBRID** HYBRID HYBRID HYBRID HYBRID RIPPED CAMP RPELITE SPEED 10:00AM YOGA/STRETCH YOGA/STRETCH YOGA/STRETCH YOGA/STRETC YOGA/STRETC HYBRID/RPSPE RECOVERY RECOVERY **H RECOVERY H RECOVERY** ED/RPELITE RECOVERY SPEED 11:00AM **OPEN GYM OPEN GYM OPEN GYM OPEN GYM OPEN GYM RPELITE** 12:00PM YOGA/STRETCH YOGA/STRETCH YOGA/STRETCH YOGA/STRETC YOGA/STRETC RECOVERY RECOVERY RECOVERY **H RECOVERY 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** RPELITE SPEED RPELITE SPEED RPELITE SPEED 4:30PM RPELITE RPELITE **SPEED SPEED** RPSPEED RPSPEED RPSPEED RPSPEED RPSPEED 5:00PM HYBRID HYBRID **HYBRID HYBRID HYBRID RPELITE RPELITE** RPELITE RPELITE 6:15PM RPELITE RIPPED CAMP RIPPED CAMP RIPPED CAMP RIPPED CAMP RIPPED CAMP **TEAM TRAINING TEAM TRAINING** 7:30PM TEAM TEAM TEAM TRAINING RIPPED CAMP RIPPED CAMP **TRAINING** TRAINING RIPPED CAMP RIPPED CAMP RIPPED CAMP

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9:00PM

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