



Proudly presented by  fitness connection

# FAST

TRAINING

## Functional. Athletic. Strength. Team TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	<b>BOXFIT</b> 9:20-10:10 <i>Josh</i>	<b>AMRAP-FULL BODY</b> 6:30-7:30 <i>Angelina</i>		<b>ENDURANCE</b> 6:30-7:30 <i>Alexis</i>	<b>LIFT-FULL BODY</b> 6:30-7:30 <i>Angelina</i>	<b>ENDURANCE</b> 10:00-11:00 <i>Jorge</i>	<b>POWER FLOW</b> 10:30-11:20 <i>Christine</i>
		<b>LIFT-PULL</b> 9:20-10:10 <i>Mike</i>		<b>LIFT-PUSH</b> 9:20-10:10 <i>Alexis</i>	<b>BOXFIT</b> 9:20-10:10 <i>Josh</i>		
LUNCH	<b>LIFT-PUSH</b> 12:10-1:00 <i>Mike</i>	<b>AMRAP-LOWER</b> 12:10-1:00 <i>Rich</i>	<b>ENDURANCE</b> 12:10-1:00 <i>Angelina</i>	<b>LIFT-PULL</b> 12:10-1:00 <i>Rich</i>	<b>AMRAP-UPPER</b> 12:10-1:00 <i>Rich</i>		
PM	<b>LIFT-PUSH</b> 6:05-7:05 <i>Angelina</i>	<b>AMRAP-FULL BODY</b> 6:30-7:30 <i>Mike</i>	<b>LIFT-PULL &amp; POWER FLOW</b> 6:00-7:30 <i>Christine</i>	<b>LIFT-FULL BODY</b> 6:30-7:30 <i>Angelina</i>	<b>BOXFIT</b> 8:15-9:15 <i>Sandy</i>		