

M+M MUSCLE + MINDSET COACHING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Powerlifting Team Coaching 6-8am Sam		Powerlifting Team Coaching 6-8am Sam	Powerlifting Team Coaching 6-8am Sam		
6:30 AM						
7:00 AM						
7:30 AM	Powerlifting Team Coaching 9:30-12pm Ranch		Powerlifting Team Coaching 9:30-12pm Sam	Powerlifting Team Coaching 9:30-12pm Amanda	Powerlifting Team Coaching 9:30-12pm Amanda	Weightlifting Team Coaching 9:30-12pm Christian
8:00 AM						
8:30 AM						
9:00 AM	Small Group Coaching - 12pm Amanda		Small Group Coaching - 12pm Amanda	Small Group Coaching - 12pm Amanda		
9:30 AM						
10:00 AM						
10:30 AM	Small Group Coaching - 3pm Amanda		Small Group Coaching - 3pm Amanda	Small Group Coaching - 3pm Amanda		
11:00 AM						
11:30 AM						
12:00 PM	Powerlifting Team Coaching 4-6:30pm Amanda	Powerlifting Team Coaching 4-6:30pm Ranch	Powerlifting Team Coaching 4-6:30pm Amanda	Powerlifting Team Coaching 4-6:30pm Amanda	Weightlifting Team Coaching 5-7pm Megan	
12:30 PM						
1:00 PM	Weightlifting Team Coaching 5-7pm Christian	Weightlifting Team Coaching 5-7pm Amanda	Weightlifting Team Coaching 5-7pm Nicky			
1:30 PM						
2:00 PM	Fundamentals - Training Amanda	Fundamentals - Instruction Amanda (1st week of month)	Fundamentals - Training Amanda	Fundamentals - Instruction Amanda (1st week of month)		
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						