

# Art of Strength

TRAINING CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35 AM	ART OF STRENGTH		ART OF STRENGTH		ART OF STRENGTH	
9:00 AM						ART OF STRENGTH
9:30	ART OF STRENGTH	ART OF STRENGTH	ART OF STRENGTH	ART OF STRENGTH	ART OF STRENGTH	
NOON		ART OF STRENGTH		ART OF STRENGTH		
4:30 PM	ART OF STRENGTH	ART OF STRENGTH		ART OF STRENGTH		
5:30p	ART OF STRENGTH		ART OF STRENGTH	ART OF STRENGTH		