



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	MP[forte] THEO 	MP[fit] MARTIN 	MP[forte] MARTIN 	MP[fusion] MARTIN 	MP[forte] MARTIN 		
9:00 AM						MP[fusion] MADDIE 9:00am - 10:30am 	MP[forte] ALVIN
10:00 AM							MP[burn] ALVIN
11:00 AM						MP[forte] THEO 	MP[fusion] BLAIR 11:00am - 12:45pm
12:00 PM	MP[fit] THEO 	MP[burn] BLAIR 	MP[fit] MARTIN 	MP[forte] THEO 	MP[fit] DAVID 		
5:00 PM	MP[forte] DAVID 	MP[fit] BLAIR 	MP[forte] MARTIN 	MP[burn] BLAIR 	MP[burn] THEO 		
6:15 PM	MP[fit] ALVIN 	MP[fusion] MADDIE 	MP[burn] MARTIN 	MP[fit] ADAM 	MP[forte] THEO 		
7:30 PM	MP[burn] DAVID 	MP[power] BLAIR 	MP[forte] DAVID 	MP[forte] BLAIR 			

Metabolic Conditioning

This involves a very high work rate, using exercises designed to burn more calories during your workout and maximize calories burned after your workout.

Strength Training

This improves muscular strength by gradually increasing the ability to resist force through the use of free weights, machines, or the person's own body weight.

Functional Training

This helps the body develop strength, stability, power, mobility, endurance, and flexibility. This allows individuals to perform the activities of daily life more easily and without injuries.