

KINGFISHER

WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ASCEND: Visible Muscle 5:15AM-6:15AM	ELEVATE: Energy 5:15AM-6:15AM	ASCEND: Visible Muscle 5:15AM-6:15AM	MOBILITY 5:15AM-6:15AM	ASCEND: Visible Muscle 5:15AM-6:15AM	
ASCEND: Visible Muscle 7:00AM-8:00AM	ELEVATE: Energy 7:00AM-8:00AM	ASCEND: Visible Muscle 7:00AM-8:00AM	MOBILITY 7:00AM-8:00AM	ASCEND: Visible Muscle 7:00AM-8:00AM	
ASCEND: Visible Muscle 8:15AM-9:15AM	FLIGHT: Strength 8:15AM-9:15AM	ASCEND: Visible Muscle 8:15AM-9:15AM	MOBILITY 8:15AM-9:15AM	ASCEND: Visible Muscle 8:15AM-9:15AM	RISE: Fundamentals 8:00AM-9:00AM
	OPEN GYM 9:30AM-4:30PM		OPEN GYM 9:30AM-4:30PM		KINGFISHER for KIDS 9:15AM-10:15AM
RISE: Fundamentals 10:00AM-11:00AM	PT 10:00AM-11:00AM [Stephen]	RISE: Fundamentals 10:00AM-11:00AM	PT 10:00AM-11:00AM [Stephen]	RISE: Fundamentals 10:00AM-11:00AM	
OPEN GYM 11:00AM-4:30PM		OPEN GYM 11:00AM - 4:30PM		OPEN GYM 11:00AM-5:30PM	ASCEND: Visible Muscle 10:30AM-11:30AM
PT 11:30PM-12:30PM [Stephen]	PT 11:30PM-12:30PM [Stephen]	PT 11:30PM-12:30PM [Stephen]	PT 11:30PM-12:30PM [Stephen]	PT 11:30PM-12:30PM [Stephen]	OPEN GYM 11:30AM-1:30PM
PT 12:30PM-1:30PM [Stephen]	PT 12:30PM-1:30PM [Stephen]	PT 12:30PM-1:30PM [Stephen]	PT 12:30PM-1:30PM [Stephen]	PT 12:30PM-1:30PM [Stephen]	PT 11:30AM-12:30PM [Stephen Hannah]
PT 1:30PM-2:30PM [Stephen]	PT 1:30PM-2:30PM [Stephen]	PT 1:30PM-2:30PM [Stephen]	PT 1:30PM-2:30PM [Stephen]	PT 1:30PM-2:30PM [Stephen]	PT 12:30PM-1:30PM [Stephen Hannah]
PT 2:30PM-3:30PM [Stephen]	PT 2:30PM-3:30PM [Stephen]	PT 2:30PM-3:30PM [Stephen]	PT 2:30PM-3:30PM [Stephen]	PT 2:30PM-3:30PM [Stephen]	
				PT 3:30PM-4:30PM [Stephen]	
ASCEND: Visible Muscle 4:30PM-5:30PM	ASCEND: Visible Muscle 4:30PM-5:30PM	FLIGHT: Strength 4:30PM-5:30PM	ELEVATE: Energy 4:30PM-5:30PM	PT 4:30PM-5:30PM [Stephen]	
ASCEND: Visible Muscle 5:45PM-6:45PM	ELEVATE: Energy 5:45PM-6:45PM	ASCEND: Visible Muscle 5:45PM-6:45PM	FLIGHT: Strength 5:45PM-6:45PM		
RISE: Fundamentals 7:00PM-8:00PM		KingfishHER RISE & FLIGHT 7:00PM-8:00PM			