Semi-Private Schedule

Fit in 42 Palm Springs

68100 Ramon Rd. Suite B3, Cathedral City CA 92234

Phone: (760) 620-5024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:15AM	POWER VOLUME	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	
6:15-7:30 AM	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	
7:30-8:45AM	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	
8:45-10:00AM	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	
2:30-3:45PM	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING		
3:45-5:00PM	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING		
5:00-6:15PM	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING		
6:15-7:30PM	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING	POWER VOLUME TRAINING		