

2021

<- APRIL

JUNE ->

MAY HIGH VOLTAGE CLASS SCHEDULE

Su	Mo	Tu	We	Th	Fr	Sa
25	26	27	28	29	30	1 Rebekah Total Body Metcon + Accessory Core Work
2 OFF	3 Lacie Lower body strength: Glutes + Metcon	4 Tyler Upper body strength: Chest/Triceps + Metcon	5 Lauren Total Body Metcon + Accessory Core Work	6 Kayla Lower body strength: Quads + Metcon	7 Tyler Upper body strength: Back/Biceps + Metcon	8 Rebekah Total Body Metcon + Accessory Core Work
9 OFF	10 Lacie Lower body strength: Hamstrings + Metcon	11 Rebekah Upper body strength: Shoulders + Metcon	12 Lauren Total Body Metcon + Accessory Core Work	13 Kayla Lower body strength: Glutes + Metcon	14 Tyler Upper body strength: Chest/Triceps + Metcon	15 Rebekah Total Body Metcon + Accessory Core Work
16 OFF	17 Lacie Lower body strength: Quads + Metcon	18 Tyler Upper body strength: Back/Biceps + Metcon	19 Lauren Total Body Metcon + Accessory Core Work	20 Kayla Lower body strength: Hamstrings + Metcon	21 Tyler Upper body strength: Shoulders + Metcon	22 Lacie Total Body Metcon + Accessory Core Work
23 OFF	24 Lacie Lower body strength: Glutes + Metcon	25 Rebekah Upper body strength: Chest/Triceps + Metcon	26 Lauren Total Body Metcon + Accessory Core Work	27 Kayla Lower body strength: Quads + Metcon	28 Tyler Upper body strength: Back/Biceps + Metcon	29 Lacie Total Body Metcon + Accessory Core Work
30 OFF	31 TEAM COACH MEMORIAL DAY MURPH	1	2	3	4	5