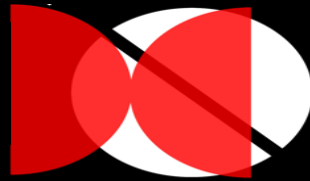


# HYDEOUT



# FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30AM - 7.15AM	NO HYDING PLACE	LOWER BODY DOMINATION	REP RAMPAGE	STRENGTH & CONDITIONING	CARDIO & CORE	
8.30AM - 9.15AM						RT 24
9.30AM - 10.15AM	LOWER BODY DOMINATION	REP RAMPAGE	STRENGTH & CONDITIONING	CARDIO & CORE	NO HYDING PLACE	RT 24
12.00PM - 12.45PM	Midday Madness		Midday Madness		Midday Madness	
5.00PM - 5.45PM	REP RAMPAGE	STRENGTH & CONDITIONING	CARDIO & CORE	NO HYDING PLACE	LOWER BODY DOMINATION	
6.00PM - 6.45PM	STRENGTH & CONDITIONING	CARDIO & CORE	NO HYDING PLACE	LOWER BODY DOMINATION	STRENGTH & CONDITIONING	
7.00PM - 7.45PM	NO HYDING PLACE	STRENGTH & CONDITIONING (Male Only)	LOWER BODY DOMINATION	STRENGTH & CONDITIONING (Male Only)	REP RAMPAGE	
8.00PM - 8.45PM	CARDIO & CORE	LOWER BODY DOMINATION	REP RAMPAGE	NO HYDING PLACE		