



TIGERFIT

FUNCTIONAL FITNESS

TIME	MON	TUE	WED	THU	FRI	TIME	SAT
05:00-06:00	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE		INBODY WEIGH-INS & MEAL PLANS
06:15-07:15	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE		
07:30-08:30	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE		
08:45-09:45	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	08:30-09:30	BRING A BUDDY PARTNER WORKOUT
09:00-10:00		BEGINNERS RUNNING CONDITIONING				09:30-10:30	BEGINNERS RUNNING CONDITIONING
09:00-15:00	OPEN HOUR	OPEN HOUR	OPEN HOUR	OPEN HOUR	OPEN HOUR	**10:00-11:00	**SWIM WOD
15:15-16:15	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE		
16:30-17:30	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE		
17:45-18:45	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE		
19:00-20:00	HYPERTROPHY: BICEPS	STRENGTH TRAINING	HYPERTROPHY: CHEST	RUGBY S&C	TURN IT UP BUDDY WORKOUT		