

## MUELLER'S ELITE TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 - 6:00AM	Strength/ Power	Core/ Stability	Strength/ Power	Core/ Stability	Core Intensity	
6:15 - 7:15AM	Strength/ Power	Core/ Stability	Strength/ Power	Core/ Stability	Core Intensity	
7:30 - 8:30AM						Fitness Challenge
8:15 - 9:15AM	Strength/ Power	Core/ Stability	Strength/ Power	Core/ Stability	Core Intensity	
8:30 - 9:30AM						Fitness Challenge
10:30 - 11:30AM		Senior Fitness		Senior Fitness		
11:00-12:00	Youth 9-13 Sports Performance		Youth 9-13 Sports Performance		Youth 9-13 Sports Performance	
12:00 - 12:45PM	Lunch Express	Lunch Express	Lunch Express	Lunch Express	Lunch Express	
1:00 - 2:00PM	Youth13-18Sports Performance		Youth13-18Sports Performance		Youth13-18Sports Performance	<b>CLOSED SUNDAY</b>
1:00 - 2:30PM		Rock Steady Boxng		Rock Steady Boxng		
6:15 - 7:15PM	Strength/ Power	Core/ Stability	Strength/ Power	Core/ Stability		
7:15 - 8:15PM		Fitness Boot Camp		Fitness Boot Camp		Updated 5/25/18