

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
9:15 - 10:15am						
10:30 - 11:30AM	Youth Sports Performance	Senior Fitness	Youth Sports Performance	Senior Fitness	Youth Sports Performance	
12:00 - 12:45PM	Lunch Express	Lunch Express	Lunch Express	Lunch Express	Lunch Express	
1:00 - 2:00PM	Youth Sports Performance	Youth Sports Performance	Youth Sports Performance	Youth Sports Performance	Youth Sports Performance	
1:00 - 2:30PM		Rock Steady Boxing		Rock Steady Boxing		
5:15 - 6:15PM	Strength/ Power	Core/ Stability	Strength/ Power	Core/ Stability		CLOSED SUNDAY
6:15 - 7:15PM	Strength/ Power	Core/ Stability	Strength/ Power	Core/ Stability		
7:15 - 8:15PM		Fitness Boot Camp		Fitness Boot Camp		6/18/18