



TEAM TRAINING SCHEDULE



2020

Monday	Tuesday	Wednesday	Thursday	Friday
8 am Base w/ Andrew		8 am Base w/ Andrew		
			9 am Burn w/ Andrew	
				10 am Build w/ Andrew
630 pm Burn w/ Andrew		630 pm Build w/ Andrew		

**Anytime Fitness Indian Land 5090 Ridgeline Lane Indian Land S.C. 29707
Ph: 803-548-9913**

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