

AF TRAINING *Team Workouts* SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 am: Level 1 BUILD		9 am: Level 1 BURN		9 am: Level 1 BUILD	9am: Level 1 BURN
6 pm: Level 2 BURN	6 am: Level 2 BUILD		6 am: Level 2 BURN		