



# TEAM TRAINING SCHEDULE



2020

Monday	Tuesday	Wednesday	Thursday	Friday
8 am Base		8 am Base		
			9 am Burn (Level 1)	
				10 am Build (Level 1)
	530 pm Burn (Level 1)		530 pm Build (Level 1)	
630 pm Build (Level 2)	630 pm Burn (Level 2)	630 pm Build (Level 2)	630 pm Burn (Level 2)	

Anytime Fitness Indian Land 5090 Ridgeline Lane Indian Land S.C. 29707  
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