



# TEAM TRAINING SCHEDULE



2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8 am Base w/ Andrew</b> (TURF)		<b>8 am Base w/ Andrew</b> (TURF)		<b>6 am Burn w/ Andrew</b> (TURF)
				<b>10 am Build w/ Andrew</b>
<b>630 pm Burn w/ Andrew</b> (TURF)		<b>630 pm Build w/ Andrew</b> (TURF)		

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