



ALLOY

ST CLOUD TEAM/SMALL GROUP TRAINING SCHEDULE

	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:
5:00 am	TEAM Afterburn		TEAM Industrial Strength		TEAM Industrial Strength	
6:00 am	TEAM Foundation		TEAM Afterburn		TEAM Industrial Strength	
7:00 am						
8:00 am						
9:00 am		SMALL GROUP		SMALL GROUP		TEAM Afterburn
10:00 am						SMALL GROUP
11:00 am						
12:00 pm	TEAM Afterburn	SMALL GROUP	TEAM Industrial Strength	SMALL GROUP	TEAM Foundation	
1:00 pm	SMALL GROUP		SMALL GROUP		SMALL GROUP	
2:00 pm						
3:00 pm						
4:00 pm						
5:30 pm	SMALL GROUP	TEAM Foundation	SMALL GROUP	TEAM Afterburn	SMALL GROUP	
6:30 pm	TEAM Foundation	SMALL GROUP	TEAM Afterburn	SMALL GROUP	TEAM Industrial Strength	

