SALEM

clubFit TEAM TRAINING

club burn | club specialty | club core | club build

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
club build 7:30am Jeremy	PD		PD	club specialty 7:30am Jeremy	PD				P D	club build 7:30am Jeremy	pd
club specialty 9:00am Jeremy				club build 9:00am Jeremy						club specialty 9:00am Jeremy	