



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM MST HIGH Low	6:00 AM MST HIGH Low	6:30 AM MST HIGH Fitness	4:30 AM MST HIGH Fitness	6:00 AM MST HIGH Low		
7:00 AM MST HIGH Fitness	7:00 AM MST HIGH Low	7:30 AM MST HIGH Fitness	7:00 AM MST HIGH Fitness	7:30 AM MST HIGH Fitness	7:00 AM MST HIGH Fitness	8:00 AM MST HIGH Low
9:15 AM MST HIGH Fitness	9:15 AM MST HIGH Fitness	9:15 AM MST HIGH Fitness	9:30 AM MST HIGH Low	9:15 AM MST HIGH Fitness	9:00 AM MST HIGH Low	10:00 AM MST HIGH Fitness
11:00 AM MST HIGH Low			11:00 AM MST HIGH Fitness			
	12:00 PM MST HIGH Fitness	1:00 PM MST HIGH Fitness		12:00 PM MST HIGH Low	12:00 PM MST HIGH Fitness	
4:00 PM MST HIGH Fitness	5:00 PM MST HIGH Low	4:00 PM MST HIGH Fitness	6:00 PM MST HIGH Low	5:30 PM MST HIGH Fitness		4:00 PM MST HIGH Fitness
7:00 PM MST HIGH Low	8:00 PM MST HIGH Fitness	9:30 PM MST HIGH Low				