Team Training Workouts

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 5:15a STRENGTH 10:00a STRENGTH 5:30p COACH'S WORKOUT	2 5:15a CARDIO/ MOBILITY 10:00a CARDIO/ MOBILITY	3 7:30a COACH'S WORKOUT	4 CLOSED
5 5:15a STRENGTH #1 10:00a STRENGTH #1 5:30p COACH'S WORKOUT	6 5:15a STRENGTH #2 10:00a STRENGTH #2	7 5:15a CARDIO/ MOBILITY 9:00a CARDIO/ MOBILITY	8 5:15a CARDIO 10:00a CARDIO 5:30p COACH'S WORKOUT	9 5:15a COACH'S WORKOUT 10:00a COACH'S WORKOUT	10 7:30a COACH'S WORKOUT	11 CLOSED
12 5:15a STRENGTH 10:00a STRENGTH 5:30p COACH'S WORKOUT	13 5:15a FAT BLASTER 10:00a FAT BLASTER	14 5:15a CARDIO/ MOBILITY 9:00a CARDIO/ MOBILITY	15 5:15a STRENGTH 10:00a STRENGTH 5:30p COACH'S WORKOUT	16 5:15a CARDIO 10:00a CARDIO	17 7:30a COACH'S WORKOUT	18 CLOSED
19 5:15a STRENGTH #1 10:00a STRENGTH #1 5:30p COACH'S WORKOUT	20 5:15a STRENGTH #2 10:00a STRENGTH #2	21 5:15a CARDIO/ MOBILITY 9:00a CARDIO/ MOBILITY	22 5:15a CARDIO 10:00a CARDIO 5:30p COACH'S WORKOUT	23 5:15a POWER 10:00a POWER	24 7:30a COACH'S WORKOUT	25 CLOSED
26 5:15a STRENGTH 10:00a STRENGTH 5:30p COACH'S WORKOUT	27 5:15a METABOLIC 10:00a METABOLIC	28 5:15a CARDIO/ MOBILITY 9:00a CARDIO/ MOBILITY	29 5:15a STRENGTH 10:00a STRENGTH 5:30p COACH'S WORKOUT	30 5:15a CARDIO/ MOBILITY 10:00a CARDIO/ MOBILITY	31 7:30a COACH'S WORKOUT	