

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 08:00	Power Lifting	Cardio	Muscle Building	Weight Loss	Power Lifting	Cardio	Yoga
08:00 - 09:00	Cardio	Muscle Building	Weight Loss	Power Lifting	Cardio	Muscle Building	Weight Loss
09:00 - 10:00	Yoga	Weight Loss	Power Lifting	Cardio	Muscle Building	Power Lifting	Cardio
16:00 - 17:00	Muscle Building	Power Lifting	Cardio	Weight Loss	Muscle Building	Power Lifting	Cardio
17:00 - 18:00	Weight Loss	Cardio	Muscle Building	Power Lifting	Weight Loss	Cardio	Yoga
18:00 - 19:00	Power Lifting	Muscle Building	Weight Loss	Cardio	Power Lifting	Muscle Building	Weight Loss