



GROUP EXERCISE CALENDAR



December 4

Set the starting date in cell C2. Rows 3 and 4 will automatically update with the correct dates and days of the week.

12/4 MONDAY	12/5 TUESDAY	12/6 WEDNESDAY	12/7 THURSDAY	12/8 FRIDAY	12/9 SATURDAY	12/10 SUNDAY
5:30 am HIIT	5:30 am HIIT		5:30 am HIIT			
9:00 am HEAVY LOWER BODY	9:00 am LIGHT UPPER BODY	9:00 am LIGHT LOWER BODY	9:00 am HIIT	9:00 am HEAVY UPPER		
12:00 pm LEGS	12:00 pm SHOULDERS		12:00 pm HIIT	12:00 pm BACK & CHEST		
6:00 pm LEGS	6:00 pm CHEST & BACK		6:00 pm SHOULDERS & ARMS			