



GROUP EXERCISE CALENDAR



July 22

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

7/22 MONDAY	7/23 TUESDAY	7/24 WEDNESDAY	7/25 THURSDAY	7/26 FRIDAY	7/27 SATURDAY	7/28 SUNDAY
5:30 am HIIT	5:30 am HIIT		5:30 am HIIT			
		8:00 am OLYMPIC LIFTING				
9:00 am HIIT	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 HIIT AND CORE	12:00 pm CHEST AND BACK	12:00 pm STRENGTH AND TOTAL BODY		
6:00 pm LEGS	6:00 pm CHEST & BACK		6:00 pm SHOULDERS & ARMS			