

Monday 10/14					
10:00	Set up & arrival	Kara in PHX 11:25			
		Lead	Modifier	Workout	
12:00-12:50		Torie	Tayler	Jan Program/Lower Body Strength	All Levels
1:00-1:50		Torie	Tayler	Jan Program/Kicks and sticks	All Levels
2:00-2:50		Kara	Aaron	Jan Program/Body weight strength	All Levels
3:00-3:50		Aaron	Tammy	Jan Program/Body weight strength	All Levels
4:00-4:50		Kara	Torie	Jan Program/Choreography	All Levels
5:00-5:50		Tammy	Aaron	Bodyweight Strength	All Levels
6:30:00 PM		Dinner			
Tuesday 10/15					
		Lead	Modifier	Workout	
7:15-7:55	Set up & arrival				
8:00 - 8:50		Tammy	Torie	ROTM	All levels
9:00-9:50		Ron	Kara	Core Combo	All levels
10-10:50		Tammy	Aaron	Lower Strength	All levels
11-11:50		Kara	Ron	Bodyweight Strength	All levels
12:00 - 1:00	lunch				
1:00-1:55		Ron	Jerry	Upper Strength	All Levels
2:00-2:50		Jerry	Tammy	Upper Strength	All Levels
3:00-3:50		Tammy	Kara	Bodyweight strength	All Levels
4:00-4:50		Ron	Tayler	ROTM Recovery/Mobility	All Levels
5:00-5:50		ALL			Virtual retreat-see virtual retreat tab
6:30		Dinner	Team Bonding		
Wednesday 10/16					
		Lead	Modifier	Workout	
7:15-7:55	Set up & arrival				
8:00-8:20		Jerry		10 Minute	All Levels

[illegible]