



Wenatchee Alloy Schedule September 2019

Wenatchee Alloy Schedule							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5:10 AM		Coach's Choice	Industrial Strength	Foundations	Afterburn		Look for \$10 monthly program sessions TBA
8:30 AM		Coach's Choice	Foundations	Afterburn	Functional/TRX		
12:10 PM	Afterburn <i>(50 minutes)</i>	Foundations <i>(50 minutes)</i>	Industrial Strength <i>(50 minutes)</i>	Functional/TRX <i>(50 minutes)</i>	Coach's Choice <i>(50 minutes)</i>		