

# DYNAMIC STRENGTH TRAINING (DST) WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM Marlene		6:30 AM Marlene		6:30 AM Marlene
8:30 AM Marlene	8:30 AM Craig		8:30 AM Craig	8:30 AM Marlene
10:30 AM Marlene		10:30 AM Marlene	10:30 AM Craig	10:30 AM Marlene
		5:30 PM Rick	5:00 PM Brandon	

ONLINE TRAINING IS AVAILABLE VIA ZOOM (ZDST)  
M/T/TH/F @ 11:30AM  
(WEDNESDAYS @ 11:30 "GET ON THE BALL WORKOUT")  
MONDAY & TUESDAY @ 6:00PM

FOR SIGN UP DETAILS CALL US AT (626) 314-2588