




SEASON - 3 CAPE CORAL



<i>(SEASON 3) - 8/10/20 END - 10/3/20</i>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
	<u>BACK CORE</u>	<u>LEGS CARDIO</u>	<u>CHEST CORE</u>	<u>ARMS CARDIO</u>	<u>LEGS CORE</u>	<u>ICE</u>
	8AM - SCOTT	8AM - SCOTT	8AM - SCOTT	8AM - SCOTT	8AM - SCOTT	
						9AM - JAVIER
	5PM - SUZI	5PM - SUZI	5PM - JAVIER	5PM - SUZI		
<i>(FREE WEEK) BEGIN - 8/3/20 END - 8/8/20</i>	AROUND THE CLOCK FITNESS - 1140 CEITUS TERRACE #8 - CAPE CORAL, FL 33991 CONTACT: 239.242.2348 www.myaroundtheclock.fitness (OR DOWNLOAD OUR APP!)					

