DICUMOND CLACC TIMETADI C

				MELABLE							
DAY	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	5PM	6PM	7PM
Monday		HYBRID								STRONG	
Tuesday			HYBRID							BUILD	
Wednesday		SWEAT					HYBRID		BUILD & Burn		
Thursday			BUILD & Burn						SWEAT		
Friday		STRONG					BUILD			HYBRID	
Saturday	3			SWEAT			STRONG	STRETCH			
Sunday											