



PROJECT LIFT

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|---|--|--|--|---|--|--|
| 9AM | 9AM-12PM — COACHING AVAILABLE TO MEMBERS | | | | | | 9AM-1PM — COACHING AVAILABLE TO MEMBERS |
| 10AM | | | | | | | |
| 11AM | | | | | | | |
| 12PM | | | | | | | |
| 1PM | | 1PM-8PM — COACHING AVAILABLE TO MEMBERS | 1PM-8PM — COACHING AVAILABLE TO MEMBERS | 1PM-8PM — COACHING AVAILABLE TO MEMBERS | | 1PM-8PM — COACHING AVAILABLE TO MEMBERS | |
| 2PM | | | | | | | |
| 3PM | | | | | | | |
| 4PM | | | | | 4PM-6:30PM — COACHING AVAILABLE TO MEMBERS | | |
| 5PM | | | | | | | |
| 6PM | | | | | | | |
| 7PM | | 7PM-8PM — FOUNDATIONS CLASS | 7PM-8PM — FOUNDATIONS CLASS | 7PM-8PM — FOUNDATIONS CLASS | | 7PM-8PM — FOUNDATIONS CLASS | |