



Strength LesMills
Development

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7 athletic	8	9	10
11	12	13	14 strength	15	16	17 No.8
18 strength	19	20	21 cardio	22	23	24
25	26	27	28 athletic	29	30	31 No.9