

# TRAINING FOR WARRIORS

## May 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	6:00am CF - S	6:00am JB - EC	6:00am CF - EC	6:00am JB - S		
	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am CF - EC	
	7:30pm JJ- S	7:30pm CF- EC	7:30pm JJ - S	6:00pm JJ - EC		
7	8	9	10	11	12	13
6:00am JB - H	6:00am CF - S	6:00am JB - EC	6:00am CF - EC	6:00am JB - S		
9:30am JB-H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am CF - EC	
7:30pm CF- H	7:30pm JJ- S	7:30pm CF- EC	7:30pm JJ - S	6:00pm JJ - EC		
14	15	16	17	18	19	20
6:00am JB - H	6:00am CF - S	6:00am JB - EC	6:00am CF - EC	6:00am JB - S		
9:30am JB-H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am CF - EC	
7:30pm CF- H	7:30pm JJ- S	7:30pm CF- EC	7:30pm JJ - S	6:00pm JJ - EC		
21	22	23	24	25	26	27
6:00am JB - H	6:00am CF - S	6:00am JB - EC	6:00am CF - EC	6:00am JB - S		
9:30am JB-H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am CF - EC	
7:30pm CF- H	7:30pm JJ- S	7:30pm CF- EC	7:30pm JJ - S	6:00pm JJ - EC		
28	29	30	31			
<b>Memorial Day</b>	6:00am CF - S	6:00am JB - EC	6:00am CF - EC			
9:30am JB-H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC			
<b>Mac Hours 7am-7pm</b>	7:30pm JJ- S	7:30pm CF- EC	7:30pm JJ - S			
<b>Coaches</b>		<b>Warrior Challenges (WC)</b>			<b>Warrior Sessions Key</b>	
		April 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H Metabolic (Energy) Circuits- EC Strength - S	
<b>CF</b>	Cobo Fajardo	May 2th 3 minute Knee Grab				
<b>JB</b>	Jeff Biehl	May 9th 1-Minute Chin Up				
<b>JZ</b>	Julian Jimenez	May 16th 1-Minute Push Up/Chin Up				
<b>KM</b>	Kyla McCulley	May 23th 1-Minute Sit OUT				
		May 30th 75 rep Challenge				
		4 Wks. Back Bar Squat - Bench Press			Circuit Style	

Memorial Athletic Club

14690 Memorial Drive Houston, Texas 77079

(281) 497-7570