

# Doubles Schedule



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Block 1		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Total Synnergistics	Agility X & Dynamix	X3 Yoga	The Challenge	CVX & Dynamix	Warrior	Dynamix or Rest	
Week 2	Total Synnergistics	Agility X & Dynamix	X3 Yoga	The Challenge	CVX & Dynamix	Warrior	Dynamix or Rest	
Week 3	Total Synnergistics	Agility X & Dynamix	X3 Yoga	The Challenge	CVX & Dynamix	Warrior	Dynamix or Rest	
Week 4	Isometric	Dynamix	Accelerator	Piates X	Agility X	X3 Yoga	Dynamix or Rest	

Block 2		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Eccentric Upper & Accelerator	Triometrics & Dynamix	X3 Yoga	Eccentric Lower & CVX	Incenerator & Isometric	MMX & Dynamix	Dynamix or Rest	
Week 6	Eccentric Upper & Accelerator	Triometrics & Dynamix	X3 Yoga	Eccentric Lower & CVX	Incenerator & Isometric	MMX & Dynamix	Dynamix or Rest	
Week 7	Eccentric Upper & Accelerator	Triometrics & Dynamix	X3 Yoga	Eccentric Lower & CVX	Incenerator & Isometric	MMX & Dynamix	Dynamix or Rest	
Week 8	Isometric	Dynamix	Accelerator	Pilates X	Agility X & Dynamix	X3 Yoga	Dynamix or Rest	

Block 3		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Decelerator & Accelerator	MMX & Pilates X	The Challenge & Dynamix	X3 Yoga & Agility X	Triometrics & Isometric	Total Synergistics & Dynamix	Dynamix or Rest	
Week 10	Decelerator & Accelerator	CVX & Pilates X	Eccentric Upper & MMX	Triometrics & Isometric	X3 Yoga & CVX	Eccentric Lower & Dynamix	Dynamix or Rest	
Week 11	Decelerator & Accelerator	MMX & Pilates X	The Challenge & Dynamix	X3 Yoga & Agility X	Triometrics & Isometric	Total Synergistics & Dynamix	Dynamix or Rest	
Week 12	Decelerator & Accelerator	CVX & Pilates X	Eccentric Upper & MMX	Triometrics & Isometric	X3 Yoga & CVX	Eccentric Lower & Dynamix	Dynamix or Rest	
Week 13	Isometric	Accelerator	Pilates X	X3 Yoga	Dynamix	Dynamix	Dynamix	

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