

TRAINING FOR WARRIORS

November 2023						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		6:00am JB -EC		6:00am JB -S		
		9:30am JB -EC	9:30am JUSTIN-S	9:30am JB -S		
6	7	8	9	10	11	12
6:00am JB - H	6:00am JUSTIN -S	6:00am JB -EC		6:00am JB -S		
9:30am JB-H	9:30am JUSTIN-S	9:30am JB -EC	9:30am JUSTIN-S	9:30am JB -S		
13	14	15	16	17	18	19
6:00am JB - H	6:00am JUSTIN -S	6:00am JB -EC		6:00am JB -S		
9:30am JB-H	9:30am JUSTIN-S	9:30am JB -EC	9:30am JUSTIN-S	9:30am JB -S		
20	21	22	23	24	25	26
6:00am JB - H	6:00am JUSTIN -S	6:00am JB -EC	Happy Thanksgiving	No 6am class		
9:30am JB-H	9:30am JUSTIN-S	9:30am JB -EC	NO CLASSES	9:30am JB -S		
27	28	29	30			
6:00am JB - H	6:00am JUSTIN -S	6:00am JB - H				
9:30am JB-H	9:30am JUSTIN-S	9:30am JB-H	9:30am JUSTIN-S			
Coaches		Warrior Challenges (C.O.T.D)			Warrior Sessions Key	
JB	Jeff Biehl	November 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
JC	Justin Chiu	November 1st	1 min Knee Grab and 1 min plank		Metabolic (Energy) Circuits- EC	
		November 8th	1 min Push up and 1 min MB Slam		Strength - S	
		November 15th	75 rep challenge			
		November 22nd	1 min Sit OUT and 1 min Plank			
		November 29th	Sprint Gauntlet			

Memorial Athletic Club, 14690 Memorial Drive Houston, Texas 77079 (281) 497-7570