

LEAN PERFORMANCE 2024 TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am	METCON	S&C	METCON	S&C	TEAM DAY	
6:00am			RUN CLUB (5:45am)			METCON
6:30am	STR / METCON	S&C	STR / METCON	S&C	STR / METCON	
7:00am						S&C
9:15am	STR / METCON	S&C	STR / METCON	S&C	STR / METCON	
4:30pm	METCON	S&C	METCON	S&C		
5:30pm	STR	S&C	STR	S&C		
6:30pm		SURFER STRENGTH		SURFER STRENGTH		