January TLC Training Calendar

Mar 2024 (Eastern Time - New York)

Sun		Mon		Tue		Wed		Thu		Fri	Sat	
	3		4		5		6		7	8		9
Off/Prep for Week		Workout 1 + Cardio		Workout 2 + Cardio		Workout 3 + Cardio		Cardio Workout		Total Body & Core Circuit	Cardio Workout	
	10		11		12		13		14	15		16
Off Duan for Wook	10	(Markaut 1 - Cardia	<u> </u>	(Markaut 2 - Cardia	12	(Montroyet 2 - Condin	13	Condia Wantsout	14		Candia Mankaut	10
Off/Prep for Week		Workout 1 + Cardio		Workout 2 + Cardio		Workout 3 + Cardio		Cardio Workout		Total Body & Core Circuit	Cardio Workout	
	17		18		19		20		21	22		23
Off/Prep for Week		Workout 1 + Cardio		Workout 2 + Cardio		Workout 3 + Cardio		Cardio Workout		Total Body & Core Circuit	Cardio Workout	
	24		25		26		27		28	29		30
Off/Prep for Week		Workout 1 + Cardio		Workout 2 + Cardio		Workout 3 + Cardio		Cardio Workout		Total Body & Core Circuit	Cardio Workout	
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