



# Jordan Y MULTIFIT SCHEDULE

# JYMF

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
MF Swim 5:15 - 6:15 AM		MF Swim 5:15 - 6:15 AM				
					MF Swim 7:15-8:15 AM	FLEX: See weekly workouts as options will vary. Possibilities include run, bike, short brick, long brick, trail run, etc.
MF Swim 11:30AM-12:30PM		MF Swim 11:30AM-12:30PM			MF FLEX 8:30 - 10:30 AM	
	MF Swim 6:00—7:00 PM	MF Run 6:00—7:30 PM	MF Swim 6:00—7:00 PM	<p><b>ALPHA:</b> Workouts will have a 2nd coach available for beginners or for those participants needing a little extra help.</p> <p>Contact Mark Ewing with questions at <a href="mailto:ewing_mark@yahoo.com">ewing_mark@yahoo.com</a></p> <p><b>Please check weekly e-mailed schedule for more details and updates.</b></p>		
MF Run 6:00—7:30 PM						