

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<h1>APRIL</h1>			
<p>13</p> <p>Body Wake Up and Nutrition 1200 EST/ 0900 PST <u>Description:</u> Kicking off the week with a Nutrition discussion on meal prep, food selection during this period, and healthy nutrition tips; followed by an active stretch and body weight exercises focusing on mobility</p> <p>RowFit 1300 EST/ 1000 PST <u>Description:</u> Training & Technique</p>	<p>14</p> <p>Adaptive Yoga 1200 EST/0900 PST</p> <p>Adaptive Yoga 1430 EST/1130 PST</p> <p>MASP “Battle Buddy” Check - Contact your MASP coordinator-</p>	<p>15</p> <p>Warrior Archery 1100 EST/ 0800 PST <u>Description:</u> Join us to go over technique, mindset, and Q&A</p> <p>Hump Day Recovery - Meditation 1500 EST/ 1200 PST <u>Description:</u> Mid-week discussion on healthy habits; body weight exercises focusing on mobility</p>	<p>16</p> <p>Weekly Coffee Hour 1300 EST/1000 PST <u>Topic:</u> Rowing <u>Description:</u> Join Rowing Coach Patrick Johnson for a townhall style Coffee Hour!</p> <p>Functional Fitness 1430 EST/1130 PST</p>	<p>17</p> <p>Functional Training 1600 EST/1300 PST <u>Description:</u> Finish off the week with a healthy habit tip and a higher intensity workout utilizing bodyweight exercises intended to get the heart rate up!</p>