



WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
AM		5:05 - 6:00 AM 8:45 - 9:45 AM	6:00 - 7:00 AM	5:05 - 6:00 AM 8:45 - 9:45 AM	
PM	5:30 - 6:30 PM	12:00 - 12:45 PM		5:30 - 6:30 PM	12:00 - 12:45 PM

MUV utilizes two unique programs to offer a well-rounded mix of workouts:

MUV Force: Strength & Power

High intensity training that helps you improve through a variety of exercises.

XTR 1000: Cardio

Fast paced, full-body workout that utilizes MyZone monitoring to keep you motivated.

Join the MUV Tribe for \$39/month!