



FITNESS SCHEDULE

BODYWEIGHT CARDIO BURN

1ST DAY SUNDAY | STARTS AT 12PM EST

FORM & FUNCTION

2ND DAY MONDAY | STARTS AT 6PM EST



RECOVERY



PREP DAY FRIDAY | STARTS AT 11AM EST

LOWER BODY & CORE

3RD DAY TUESDAY | STARTS AT 6PM EST

SHABBAT SHALOM

7TH DAY | REST

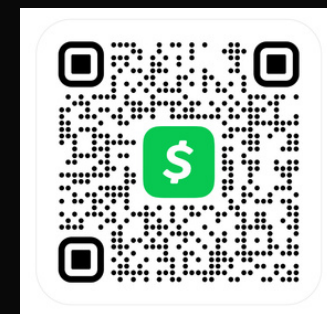
KETTLEBELL KAPH

4TH DAY WEDNESDAY | STARTS AT 6PM EST



RANGE OF MOTION

5TH DAY THURSDAY | STARTS AT 6PM EST



LIVING WATER

ROOTS PRAYER SESSION

EVERY SUNDAY | STARTS AT 11AM EST

DONATE TO OUR MINISTRY:
CASH APP \$OFFICIALBRITYAH

LIFE TALK

EVERY OTHER WEDNESDAY | STARTS AT 7:30PM EST

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