

## Meta Burn Semi-Private Schedule as of March 1st 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00</b>	MB Semi-Workout	MB Semi-Workout	MB Semi-Workout	MB Semi-Workout	MB Semi-Workout	
<b>7:15am</b>	MB- Semi Workout	MB- Semi Workout	MB- Semi Workout	MB- Semi Workout	MB- Semi Workout	MB- Semi Workout <b>7:00AM</b>
						MB- Semi Workout <b>10:00AM</b>
<b>11:00am</b>	MB- Semi Workout	MB- Semi Workout	MB- Semi Workout	MB- Semi Workout	MB- Semi Workout	
<b>4:45pm</b>	MB- Semi Workout	MB- Semi Workout	MB- Semi Workout	MB- Semi Workout	MB- Semi Workout	
<b>6:15pm</b>	MB-Semi Workout	MB- Semi Workout	MB- Semi Workout	MB- Semi Workout	MB- Semi Workout	
<b>7:00pm</b>	MB-Semi Workout	MB- Semi Workout	MB- Semi Workout	MB- Semi Workout	MB- Semi Workout	



