

### Option 1

	8:30 - 10:30	11:00 - 12:30	Lunch	2:00 - 3:30	4:00 - 5:30	Dinner	7:30 - 9:00
<b>Tuesday Feb. 14</b>							<b>Check-in</b>
Wednesday Feb. 15	MT	Art of EP		Art of EP	Art of EP		Boxing
Thursday Feb. 16	MT	Art of EP		Art of EP	Art of EP		Boxing
Friday Feb. 17	MT	Art of EP		Art of EP	Art of EP		Boxing
Saturday Feb. 18	MT	Art of EP		Art of EP	Art of EP		Boxing
Sunday Feb. 19	MT	Art of EP		Art of EP	Art of EP		Boxing
Monday Feb. 20	MT	Art of EP		Art of EP	Art of EP		Boxing
<b>Tuesday Feb. 21</b>	MT	Art of EP		Art of EP	Art of EP		<b>Group Dinner</b>

MT = Morning Training

Art of EP = Art of Effortless Power

### Option 2

	8:30 - 10:30	11:00 - 12:30	Lunch	2:00 - 3:30	4:00 - 5:30	Dinner	7:30 - 9:00
<b>Tuesday Feb. 14</b>							<b>Check-in</b>
Wednesday Feb. 15	MT	Art of EP		Art of EP	Art of EP		Art of EP
Thursday Feb. 16	MT	Art of EP		Art of EP	Art of EP		Art of EP
Friday Feb. 17	MT	Art of EP		Art of EP	Art of EP		Art of EP
Saturday Feb. 18	MT	Art of EP		Art of EP	Art of EP		Art of EP
Sunday Feb. 19	MT	Art of EP		Art of EP	Art of EP		Art of EP
Monday Feb. 20	MT	Boxing		Boxing	Boxing		Boxing
<b>Tuesday Feb. 21</b>	MT	Boxing		Boxing	Boxing		<b>Group Dinner</b>