

EPIC I		MON	TUE	WED	THU	FRI	SAT	TOTAL	AVG MIN	%	
		10%	15%	22%	15%	13%	25%	100%			
I	1	13	19	28	19	16	32	126	21	5.0%	29.5%
	2	15	23	33	23	20	38	151	25	6.0%	
	3	18	26	39	26	23	44	176	29	7.0%	
	4	14	21	30	21	18	35	139	23	5.5%	
	5	15	23	33	23	20	38	151	25	6.0%	
		11%	16%	21%	15%	13%	24%	100%			
II	6	18	26	34	25	21	39	164	27	6.5%	39.5%
	7	21	30	40	28	25	45	189	32	7.5%	
	8	22	32	42	30	26	48	202	34	8.0%	
	9	24	34	45	32	28	51	214	36	8.5%	
	10	25	36	48	34	29	54	227	38	9.0%	
		12%	16%	20%	16%	13%	23%	100%			
III	11	24	32	40	32	26	46	202	34	8.0%	31.0%
	12	21	28	35	28	23	41	176	29	7.0%	
	13	18	24	30	24	20	35	151	25	6.0%	
	14	15	20	25	20	16	29	126	21	5.0%	
	15	15	20	25	20	16	29	126	21	5.0%	
M, W, F (Core + Stretch)				T, TH (Strides + Lunges + Stretch)				2520	28	100.0%	100%
								168			