

EPIC II		MON	TUE	WED	THU	FRI	SAT	TOTAL	AVG MIN	%	
		10%	15%	22%	15%	13%	25%	100%			
I	1	14	22	32	22	19	36	144	24	5.0%	29.5%
	2	17	26	38	26	22	43	173	29	6.0%	
	3	20	30	44	30	26	50	202	34	7.0%	
	4	16	24	35	24	21	40	158	26	5.5%	
	5	17	26	38	26	22	43	173	29	6.0%	
		11%	16%	21%	15%	13%	24%	100%			
II	6	21	30	39	28	24	45	187	31	6.5%	39.5%
	7	24	35	45	32	28	52	216	36	7.5%	
	8	25	37	48	35	30	55	230	38	8.0%	
	9	27	39	51	37	32	59	245	41	8.5%	
	10	29	41	54	39	34	62	259	43	9.0%	
		12%	16%	20%	16%	13%	23%	100%			
III	11	28	37	46	37	30	53	230	38	8.0%	31.0%
	12	24	32	40	32	26	46	202	34	7.0%	
	13	21	28	35	28	22	40	173	29	6.0%	
	14	17	23	29	23	19	33	144	24	5.0%	
	15	17	23	29	23	19	33	144	24	5.0%	
M, W, F (Core + Stretch)				T, TH (Strides + Lunges + Stretch)				2880	32	100.0%	100%
								192			