

EPIC III		MON	TUE	WED	THU	FRI	SAT	TOTAL	AVG MIN	%	
		10%	15%	22%	15%	13%	25%	100%			
I	1	16	24	36	24	21	41	162	27	5.0%	29.5%
	2	19	29	43	29	25	49	194	32	6.0%	
	3	23	34	50	34	29	57	227	38	7.0%	
	4	18	27	39	27	23	45	178	30	5.5%	
	5	19	29	43	29	25	49	194	32	6.0%	
		11%	16%	21%	15%	13%	24%	100%			
II	6	23	34	44	32	27	51	211	35	6.5%	39.5%
	7	27	39	51	36	32	58	243	41	7.5%	
	8	29	41	54	39	34	62	259	43	8.0%	
	9	30	44	58	41	36	66	275	46	8.5%	
	10	32	47	61	44	38	70	292	49	9.0%	
		12%	16%	20%	16%	13%	23%	100%			
III	11	31	41	52	41	34	60	259	43	8.0%	31.0%
	12	27	36	45	36	29	52	227	38	7.0%	
	13	23	31	39	31	25	45	194	32	6.0%	
	14	19	26	32	26	21	37	162	27	5.0%	
	15	19	26	32	26	21	37	162	27	5.0%	
M, W, F (Core + Stretch)				T, TH (Strides + Lunges + Stretch)				3240	36	100.0%	100%
								216			