

SONIC I		MON	TUE	WED	THU	FRI	SAT	TOTAL	AVG	%	
		10%	15%	22%	15%	13%	25%	100%	MIN		
I	1	23	35	51	35	30	59	234	39	5.0%	29.5%
	2	28	42	62	42	37	70	281	47	6.0%	
	3	33	49	72	49	43	82	328	55	7.0%	
	4	26	39	57	39	33	64	257	43	5.5%	
	5	28	42	62	42	37	70	281	47	6.0%	
		11%	16%	21%	15%	13%	24%	100%			
II	6	33	49	64	46	40	73	304	51	6.5%	39.5%
	7	39	56	74	53	46	84	351	59	7.5%	
	8	41	60	79	56	49	90	374	62	8.0%	
	9	44	64	84	60	52	95	398	66	8.5%	
	10	46	67	88	63	55	101	421	70	9.0%	
		12%	16%	20%	16%	13%	23%	100%			
III	11	45	60	75	60	49	86	374	62	8.0%	31.0%
	12	39	52	66	52	43	75	328	55	7.0%	
	13	34	45	56	45	37	65	281	47	6.0%	
	14	28	37	47	37	30	54	234	39	5.0%	
	15	28	37	47	37	30	54	234	39	5.0%	
		M, W, F (Core + Stretch)			T, TH (Strides + Lunges + Stretch)			4680	52	100.0%	100%
								312			