

SONIC II		MON	TUE	WED	THU	FRI	SAT	TOTAL	AVG	%	
		10%	15%	22%	15%	13%	25%	100%	MIN		
I	1	25	38	55	38	33	63	252	42	5.0%	29.5%
	2	30	45	67	45	39	76	302	50	6.0%	
	3	35	53	78	53	46	88	353	59	7.0%	
	4	28	42	61	42	36	69	277	46	5.5%	
	5	30	45	67	45	39	76	302	50	6.0%	
		11%	16%	21%	15%	13%	24%	100%			
II	6	36	52	69	49	43	79	328	55	6.5%	39.5%
	7	42	60	79	57	49	91	378	63	7.5%	
	8	44	65	85	60	52	97	403	67	8.0%	
	9	47	69	90	64	56	103	428	71	8.5%	
	10	50	73	95	68	59	109	454	76	9.0%	
		12%	16%	20%	16%	13%	23%	100%			
III	11	48	65	81	65	52	93	403	67	8.0%	31.0%
	12	42	56	71	56	46	81	353	59	7.0%	
	13	36	48	60	48	39	70	302	50	6.0%	
	14	30	40	50	40	33	58	252	42	5.0%	
	15	30	40	50	40	33	58	252	42	5.0%	
		M, W, F (Core + Stretch)			T, TH (Strides + Lunges + Stretch)			5040	56	100.0%	100%
								336			