

SONIC III		MON	TUE	WED	THU	FRI	SAT	TOTAL	AVG	%	
		10%	15%	22%	15%	13%	25%	100%	MIN		
I	1	27	41	59	41	35	68	270	45	5.0%	29.5%
	2	32	49	71	49	42	81	324	54	6.0%	
	3	38	57	83	57	49	95	378	63	7.0%	
	4	30	45	65	45	39	74	297	50	5.5%	
	5	32	49	71	49	42	81	324	54	6.0%	
		11%	16%	21%	15%	13%	24%	100%			
II	6	39	56	74	53	46	84	351	59	6.5%	39.5%
	7	45	65	85	61	53	97	405	68	7.5%	
	8	48	69	91	65	56	104	432	72	8.0%	
	9	50	73	96	69	60	110	459	77	8.5%	
	10	53	78	102	73	63	117	486	81	9.0%	
		12%	16%	20%	16%	13%	23%	100%			
III	11	52	69	86	69	56	99	432	72	8.0%	31.0%
	12	45	60	76	60	49	87	378	63	7.0%	
	13	39	52	65	52	42	75	324	54	6.0%	
	14	32	43	54	43	35	62	270	45	5.0%	
	15	32	43	54	43	35	62	270	45	5.0%	
		M, W, F (Core + Stretch)			T, TH (Strides + Lunges + Stretch)			5400	60	100.0%	100%
								360			