

What's on TV at the Axistence/ ProjectMOVE Collective!	Weekdays					Weekend	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	ProjectMOVE Whiteboard Video Release	ProjectMOVE Whiteboard Video Release	ProjectMOVE Whiteboard Video Release	ProjectMOVE Whiteboard Video Release	ProjectMOVE Whiteboard Video Release		
6:00 AM							
6:30 AM							
7:00 AM	Axistence WOD w/Jake (FB Live & Zoom)	Axistence WOD w/Jake (FB Live & Zoom)	Axistence WOD w/Garrett (FB Live & Zoom)	Axistence WOD w/Jake (FB Live & Zoom)	Axistence WOD w/Ryan (FB Live & Zoom)		
7:30 AM		Coffee Talk with Marguerite (FB Live)					
8:00 AM					MOBILITY & Self Care w/Dr. Missy (FB Live)		
8:30 AM							
9:00 AM					Nutrion Q & A with Ryan (FB Live)		
9:30 AM							Tif's Recovery & Mobility Class (Zoom)
10:00 AM	ProjectMOVE WOD w/Luke (FB Live & Zoom)	ProjectMOVE WOD w/Matt (FB Live & Zoom)	ProjectMOVE WOD w/Will (FB Live & Zoom)	ProjectMOVE WOD w/Garrett (FB Live & Zoom)	ProjectMOVE WOD w/Luke (FB Live & Zoom)		
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	Axistence WOD w/Dan (FB Live & Zoom)	Axistence WOD w/Dan (FB Live & Zoom)	Axistence WOD w/Garrett (FB Live & Zoom)	Axistence WOD w/Ryan (FB Live & Zoom)	Axistence WOD w/Ryan (FB Live & Zoom)		
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Kid's WOD w/Abbey (ages 4-8) (Zoom)		Kid's WOD w/Abbey (ages 4-8) (Zoom)				
4:30 PM	Kid's WOD w/Abbey (ages 9-12) (Zoom)		Kid's WOD w/Abbey (ages 9-12) (Zoom)				
5:00 PM	Axistence WOD w/Ryan (FB Live & Zoom)	Axistence WOD w/Garrett (FB Live & Zoom)	Axistence WOD w/Ryan (FB Live & Zoom)	Axistence WOD w/Garrett (FB Live & Zoom)	Axistence WOD w/Jake (FB Live & Zoom)	MOBILITY & Self Care w/Dr. Missy (FB Live)	
5:30 PM							
6:00 PM	ProjectMOVE WOD w/Garrett (FB Live & Zoom)	ProjectMOVE WOD w/Marguerite (FB Live & Zoom)	ProjectMOVE WOD w/Abbey (FB Live & Zoom)	ProjectMOVE WOD w/Dan (FB Live & Zoom)	ProjectMOVE WOD w/Matt (FB Live & Zoom)		
6:30 PM							
7:00 PM			MOBILITY & Self Care w/Dr. Missy (FB Live)		Drunken Reet's Eats w/ Marguerite (FB Live/Zoom)	Axistence Happy Hour (Zoom)	
7:30 PM							
8:00 PM	Axistence Whiteboard Video Release (tomorrow's WOD)	Axistence Whiteboard Video Release (tomorrow's WOD)	Axistence Whiteboard Video Release (tomorrow's WOD)	Axistence Whiteboard Video Release (tomorrow's WOD)			Cooking w/Rad Maxx Video Release (FB Page)
8:30 PM	Recovery Tips with Jake		Recovery Tips with Jake			Recovery Tips with Jake	Axistence Whiteboard Video Release (tomorrow's WOD)