

TIMETABLE

	M	T	W	T	F	S	S	
MORNING		MOBILITY Dayna 9:45 – 10:30		MOVE Dayna 9:30 – 10:15	BOXING Matt 5:30 – 6:00	MOVE Dayna 8:45 – 9:30	YOGA Elena 10:00 – 11:00	HIIT Albert 10:30 – 11:00
	LUNCH	BOXING Matt 12:15 – 1:00	CYCLE Albert 12:15 – 1:00	BOXING Matt 12:15 – 1:00	YOGA Elena 12:15 – 1:00	HIIT Albert 12:15 – 1:00		
EVENING	HIIT Sharon 5:15 – 6:00	HIIT Sharon 5:15 – 6:00	HIIT Albert 5:15 – 6:00			CYCLE Dayna 4:15 – 5:00		
	YOGA Elena 6:15 – 7:15		CORE Albert 6:00 – 6:30	HIIT Sharon 6:00 – 6:45				