

TIMETABLE

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