

# TIMETABLE

	M	T	W	T	F	S	S	
MORNING		<b>MOBILITY</b> Dayna 9:45 – 10:30		<b>MOVE</b> Flip 9:45 – 10:30		<b>MOVE</b> Dayna 8:45 – 9:30	<b>YOGA</b> Elena 10:00 – 11:00	<b>HIIT</b> Kira 10:30 – 11:00
LUNCH	<b>BOXING</b> Matt 12:15 – 1:00	<b>MUAY THAI</b> Flip 12:15 – 1:00	<b>BOXING</b> Matt 12:15 – 1:00	<b>YOGA</b> Elena 12:15 – 1:00	<b>HIIT</b> Matt 12:15 – 1:00			
EVENING	<b>HIIT</b> Sharon 5:15 – 6:00	<b>HIIT</b> Sharon 5:15 – 6:00	<b>HIIT</b> Kira 5:15 – 6:00			<b>HIIT</b> Dayna 4:00 – 4:45		
	<b>YOGA</b> Elena 6:15 – 7:15		<b>CORE</b> Kira 6:00 – 6:30	<b>HIIT</b> Sharon 6:00 – 6:45				