

# TIMETABLE

|         | M  | T  | W  | T                                     | F  | S                                     | S   |
|---------|--|--|--|---------------------------------------|--|---------------------------------------|---|
| MORNING | <b>MOVE</b><br>Salesi<br>9:45 – 10:30    | <b>MOVE</b><br>Salesi<br>9:45 – 10:30    |  | <b>MOVE</b><br>Salesi<br>9:45 – 10:30 |  | <b>MOVE</b><br>Chris<br>8:45 – 9:30   | <b>AFTERBURN</b><br>Trevor<br>10:30 – 11:15 |
| LUNCH   | <b>INFERNO</b><br>Salesi<br>12:15 – 1:00 | <b>BOXFIT</b><br>Salesi<br>12:15 – 1:00  | <b>INFERNO</b><br>Salesi<br>12:15 – 1:00 | <b>ZUU</b><br>Salesi<br>12:15 – 1:00  | <b>INFERNO</b><br>Salesi<br>12:15 – 1:00 | <b>YOGA</b><br>Elena<br>10:00 – 11:00 |   |
| EVENING | <b>HIIT</b><br>Chris<br>5:30 – 6:15      | <b>AFTERBURN</b><br>Cindy<br>5:30 – 6:15 | <b>BOXFIT</b><br>Chris<br>5:30 – 6:15    |                                       |  | <b>HIIT</b><br>Chris<br>4:00 – 4:45   |   |
|         | <b>YOGA</b><br>Elena<br>6:15 – 7:15      |  | <b>CORE</b><br>Chris<br>6:15 – 6:45      | <b>HIIT</b><br>Chris<br>6:00 – 6:45   |  |                                       |   |