

# TIMETABLE

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