

TIMETABLE

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