

# TIMETABLE

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