

TIMETABLE

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