



# TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30 BOX</b> Boxing circuits	<b>9:30 HIFT</b> High intensity functional training	<b>9:30 HIFT</b> High intensity functional training	<b>9:30 STRENGTH</b> Dumbbells	<b>9:30 BOX</b> Boxing circuits
<b>12:15 STRENGTH</b> Dumbbells		<b>12:15 HIFT</b> High intensity functional training		<b>12:15 STRENGTH</b> Dumbbells
<b>18:15 HIFT</b> High intensity functional training	<b>18:15 BOX</b> Boxing circuits	<b>18:15 STRENGTH</b> Dumbbells	<b>18:15 PILATES</b> Mat	
Saturday	Sunday			
<b>8:00 HIFT</b> High intensity functional training	<b>9:15 HIFT</b> High intensity functional training	<b>8:00 STRENGTH</b> Dumbbells		