



TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 BOX Boxing circuits	9:30 HIFT High intensity functional training	9:30 HIFT High intensity functional training	9:30 STRENGTH Dumbbells	9:30 BOX Boxing circuits
12:15 STRENGTH Dumbbells	12:15 STRENGTH Dumbbells	12:15 STRENGTH Dumbbells	12:15 STRENGTH Dumbbells	12:15 STRENGTH Dumbbells
18:15 HIFT High intensity functional training	18:15 BOX Boxing circuits	18:15 STRENGTH Dumbbells	17:00 HIIT CORE STRETCH Mat	
	19:30 OLYMPIC LIFT Barbells		18:15 PILATES Mat	
Saturday	8:00 HIFT High intensity functional training	9:15 HIFT High intensity functional training		Sunday
	8:00 HIFT High intensity functional training			8:00 STRENGTH Dumbbells