

# TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am	L1FT	TOTAL BODY	CIRCUIT	HYROX	SPIN		
9:45am	L1FT	CIRCUIT	SPIN & CORE	TOTAL BODY	L1FT	CIRCUIT	CIRCUIT
6:30pm	CIRCUIT	L1FT	SPIN	CIRCUIT			