



# GROUP SESSION TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TIME</b>	<b>MORNING</b>					
5.00AM - 6.00AM	HIIT	BOOTCAMP	BODY PUMP	HIIT	HYBRID	
7.00AM - 8.00AM						METCON 'GAME DAY'
8.00AM - 9.00AM						OPEN GYM / REP MAX / RX+
9.30AM - 10.30AM		BOOTCAMP		BOOTCAMP		
	<b>AFTERNOON</b>					
5.00PM - 6.00PM	HIIT	OPEN GYM / REP MAX / RX+	BOOTCAMP	12 ROUNDS	OPEN GYM / REP MAX / RX+	
6.30PM - 7.30PM	BOOTCAMP	HIIT	WOD	HYBRID	SOUL STRETCHING / WOD GYMNASTICS <i>*ALTERNATING EVERY 2<sup>ND</sup> WEEK</i>	