



Timetable Autumn Winter 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5.30 –6.15am:</b> Strength & Conditioning	<b>5.30-6.15am:</b> Strength & Conditioning	<b>5.30-6.15am:</b> Strength & Conditioning	<b>5.30-6.15am:</b> Strength & Conditioning	<b>5.30-6.15am</b> Strength & Conditioning	<b>6.15-7.00am</b> Strength & Conditioning	
					<b>7.15-8.00am</b> Strength & Conditioning	
<b>8.15-9.00am **</b> Strength & Conditioning				<b>8.15-9.00am **</b> Strength & Conditioning		
<b>9.15-10.00am: **</b> Strength & Conditioning	<b>9.15-10.00am**</b> Pilates	<b>9.15-10.00am: **</b> Strength & Conditioning	<b>9.15-10.00am: **</b> Strength & Conditioning	<b>9.15-10.00am: **</b> Strength & Conditioning		
		<b>4.30-5.15pm:</b> Strength & Conditioning	<b>4.30-5.00pm</b> Kids' Bootcamp			<b>4.00-5.00pm</b> YOGA
<b>5.15-6.00pm:</b> Strength & Conditioning	<b>5.15-6.00pm</b> Strength & Conditioning	<b>5.15-6.00pm</b> Strength & Conditioning	<b>5.15-6.00pm:</b> Strength & Conditioning			
<b>6.00-6.45pm</b> Strength/Lifting	<b>6.15-7.00pm:</b> Strength & Conditioning	<b>6.00-6.45pm</b> Strength/Lifting	<b>6.15-7.00pm:</b> Strength & Conditioning			
<b>6.15-7.00pm</b> Booty Burn						

\*\* = Babysitting Available