

# T I M E T A B L E

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	HIIT	Full Body Strength	Boxing	Full Body Strength	HIIT		
7:00am						Total Body Blitz	
8:00am						Yoga	
9:00am						Total Body Blitz	Stretch & Mobility
9:30am	HIIT	Full Body Strength	Boxing	Full Body Strength	HIIT		
5:00pm	HIIT	Core & Stretch 5:30 - 6:00	Boxing	Full Body Strength			
6:00pm	HIIT	Full Body Strength	Boxing	Full Body Strength	HIIT		
7:00pm	HIIT	Full Body Strength	Boxing	Full Body Strength			
8:00pm							

All sessions run for 60 minutes. Please arrive 10 minutes before the session start time to warm up and do your pre-hab.