FUNCTIONALFITTIMETABLE

MON

AM

X

5:00 STRONGER FOR LONGER

5:00 STRONGER FOR LONGER

7:00 STRONGER FOR LONGER

9:15 STRONGER FOR LONGER

10:15

10:30 [YOGA V]

PM

5:30 STRONGER FOR LONGER
6:30 STRONGER FOR LONGER

7:30

TUE



UPPER BODY

UPPER BODY

UPPER BODY

UPPER BODY

UPPER BODY

UPPER BODY

UPPER BODY

[YOGAV]

WED



ENDURANCE

ENDURANCE

ENDURANCE

ENDURANCE

ENDURANCE

ENDURANCE

ENDURANCE

[YOGAV]

THU



LOWER BODY

LOWER BODY

LOWER BODY

LOWER BODY

LOWER BODY

FRI



CHIPPER

CHIPPER

CHIPPER

CHIPPER

CHIPPER

SAT



AM

HIIT CARDIO 7:30

HIIT CARDIO 8:30

HIIT CARDIO 9:30

LOWER BODY

LOWER BODY

TIMETABLE
ALTERATION #1

Week starting 31/3 , 14/4, 28/4 etc

YOGA [V] = Vinyasa YOGA [Y] = Yin







FUNCTIONALFITTIMETABLE

MON TUE THU FRI SAT WED AM AM X STRONGER FOR 5:00 **FULL BODY** HIIT CARDIO ENDURANCE **FULL BODY** LONGER 6:00 6:00 STRONGER FOR **ENDURANCE FULL BODY** HIIT CARDIO **FULL BODY** LONGER 7:30 ENDURANCE **TEAM HYBRID** 7:00 **FULL BODY** HIIT CARDIO STRONGER FOR **FULL BODY** LONGER 9:15 **TEAM HYBRID** ENDURANCE **FULL BODY** HIIT CARDIO **FULL BODY** STRONGER FOR LONGER TEAM HYBRID 9:30 10:15 HIIT CARDIO ENDURANCE FULL BODY STRONGER FOR LONGER [YOGAV] 10:30 PM STRONGER FOR FULL BODY HIIT CARDIO **FULL BODY** 5:30 LONGER FULL BODY HIIT CARDIO **FULL BODY TIMETABLE** 6:30 STRONGER FOR **ALTERATION #2** LONGER Week starting 7/4, 21/4, 7:30 [YOGAV] [YOGAV]









5/5 etc.