FUNCTIONALFITTIMETABLE

THU MON TUE WED FRI SAT AM AM 5:00 STRONGER FOR LOWER BODY **FULL BODY UPPER BODY CHIPPER** LONGER 6:00 LOWER BODY STRONGER FOR **FULL BODY** CHIPPER **UPPER BODY** LONGER 7:00 **FULL BODY** LOWER BODY 7:30 STRONGER FOR **CHIPPER UPPER BODY TEAM HYBRID** LONGER 9:15 LOWER BODY **FULL BODY CHIPPER UPPER BODY** STRONGER FOR **TEAM HYBRID** LONGER 10:15 LOWER BODY CHIPPER **UPPER BODY** STRONGER FOR TEAM HYBRID 9:30 LONGER 10:30 [YOGAV] PM 4:30 LOWER BODY **FULL BODY** STRONGER FOR **FULL BODY** LOWER BODY **TIMETABLE** 5:30 CHIPPER LONGER **ALTERATION #1** STRONGER FOR Week starting 28/7, FULL BODY LOWER BODY 6:30 CHIPPER LONGER 11/8, 25/8 etc. [YOGAV] [YOGAV] 7:30









FUNCTIONAL FITTIMETABLE

MON TUE THU FRI SAT WED AM AM STRONGER FOR 5:00 HIIT CARDIO LOWER BODY **UPPER BODY FULL BODY** LONGER 6:00 6:00 STRONGER FOR HIIT CARDIO LOWER BODY **UPPER BODY FULL BODY** LONGER 7:00 STRONGER FOR **TEAM HYBRID** 7:30 LOWER BODY UPPER BODY HIIT CARDIO FULL BODY LONGER 9:15 STRONGER FOR TEAM HYBRID LOWER BODY **UPPER BODY FULL BODY** 8:30 HIIT CARDIO LONGER 10:15 TEAM HYBRID 9:30 STRONGER FOR UPPER BODY FULL BODY HIIT CARDIO LONGER 10:30 [YOGAV] PM 4:30 HIIT CARDIO LOWER BODY **FULL BODY**

7:30

6:30

5:30

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

LOWER BODY

LOWER BODY



UPPER BODY

UPPER BODY

[YOGAV]



HIIT CARDIO

HIIT CARDIO

[YOGAV]



FULL BODY

TIMETABLE ALTERATION #2

Week starting 4/8, 18/8, 1/9 etc.