







FUNCTIONAL FIT TIMETABLE

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

**TIMETABLE
ALTERATION #1**
Week starting 28/7,
11/8, 25/8 etc.



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



STRENGTH









CARDIO



HYBRID

FUNCTIONAL FIT TIMETABLE

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

**TIMETABLE
ALTERATION #2**
Week starting 4/8, 18/8,
1/9 etc.



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



STRENGTH



CARDIO



HYBRID