

FUNCTIONAL FIT TIMETABLE



MON

TUE

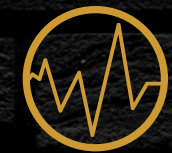
WED

THU

FRI

SAT

AM



AM

5:00 STRONGER FOR LONGER

UPPER BODY

ENDURANCE

LOWER BODY

CHIPPER

6:00 STRONGER FOR LONGER

UPPER BODY

ENDURANCE

LOWER BODY

CHIPPER

7:00 STRONGER FOR LONGER

UPPER BODY

ENDURANCE

LOWER BODY

CHIPPER

HIIT CARDIO 7:30

9:15 STRONGER FOR LONGER

UPPER BODY

ENDURANCE

LOWER BODY

CHIPPER

HIIT CARDIO 8:30

10:15

UPPER BODY

ENDURANCE

LOWER BODY

CHIPPER

HIIT CARDIO 9:30

10:30 [YOGA V]

PM

5:30 STRONGER FOR LONGER

UPPER BODY

ENDURANCE

LOWER BODY

6:30 STRONGER FOR LONGER

UPPER BODY

ENDURANCE

LOWER BODY

7:30

[YOGA V]

[YOGA V]

TIMETABLE ALTERATION #1
Week starting 31/3 ,
14/4, 28/4 etc



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



STRENGTH








CARDIO



HYBRID

FUNCTIONAL FIT TIMETABLE

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

TIMETABLE ALTERATION #2
 Week starting 7/4, 21/4, 5/5 etc.



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



STRENGTH



CARDIO



HYBRID