








FUNCTIONAL FIT TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	
AM							AM
5:00	STRENGTH UPPER	CARDIO CONDITIONING	STRENGTH LOWER	HYBRID	STRENGTH MAX		
6:00	STRENGTH UPPER	CARDIO CONDITIONING	STRENGTH LOWER	HYBRID	STRENGTH MAX	THRESHOLD	6:00
7:00	STRENGTH UPPER	CARDIO CONDITIONING	STRENGTH LOWER	HYBRID	STRENGTH MAX	CARDIO PUMP	7:30
9:15	STRENGTH UPPER	CARDIO CONDITIONING	STRENGTH LOWER	HYBRID	STRENGTH MAX	CARDIO PUMP	8:30
						CARDIO PUMP	9:30
PM							PM
5:30	STRENGTH UPPER	CARDIO CONDITIONING	STRENGTH LOWER	HYBRID	[YOGA Y]		
6:30	STRENGTH UPPER	CARDIO CONDITIONING	STRENGTH LOWER	HYBRID			6:00
7:30		[YOGA V]		[YOGA V]			

TIMETABLE ALTERATION #1
 Week starting:
 27/4, 11/5, 24/5, 8/6, etc

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








 STRENGTH

 CARDIO

 HYBRID

PLEASE NOTE: *Threshold class* is suitable for most fitness levels but not recommended for complete beginners.

FUNCTIONAL FIT TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	
AM							AM
5:00	CARDIO CONDITIONING	STRENGTH UPPER	HYBRID	STRENGTH LOWER	CHIPPER		
6:00	CARDIO CONDITIONING	STRENGTH UPPER	HYBRID	STRENGTH LOWER	CHIPPER	THRESHOLD	6:00
7:00	CARDIO CONDITIONING	STRENGTH UPPER	HYBRID	STRENGTH LOWER	CHIPPER	CARDIO PUMP	7:30
9:15	CARDIO CONDITIONING	STRENGTH UPPER	HYBRID	STRENGTH LOWER	CHIPPER	CARDIO PUMP	8:30
						CARDIO PUMP	9:30
PM							PM
5:30	CARDIO CONDITIONING	STRENGTH UPPER	HYBRID	STRENGTH LOWER	[YOGA Y]		
6:30	CARDIO CONDITIONING	STRENGTH UPPER	HYBRID	STRENGTH LOWER			6:00
7:30		[YOGA V]		[YOGA Y]			

TIMETABLE ALTERATION #2
 Week starting:
 4/5, 18/5, 1/6, 15/6, etc

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

 STRENGTH

 CARDIO

 HYBRID

PLEASE NOTE: *Threshold class* is suitable for most fitness levels but not recommended for complete beginners.