

## ONLINE TEAM TRAINING TIMETABLE 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	HIIT (Ken) 45mins	STRENGTH (Mathew) 45mins	HIIT (Shaf) 45mins	STRENGTH (Mathew) 45mins	HIIT (Kyle) 45mins	
7:00AM				PILATES (Jessie) 45min		
7:15AM						HIIT (Shaf) 45mins
9:30AM	HIIT (Ken) 45mins				HIIT (Ken) 45mins	
12:15AM			PILATES (Jessie) 45min			
1:00PM	HIIT (Mathew) 45mins	HIIT (Ken) 45mins	STRENGTH (Ken) 45mins	HIIT (Ken) 45mins	STRENGTH (Mathew) 45mins	
5:15PM	STRENGTH (Daniel) 45mins	STRENGTH (Ken) 45mins	HIIT (Daniel) 45mins	STRENGTH (Kyle) 45mins	STRENGTH (Daniel) 45mins	
6:00PM	HIIT (Daniel) 45mins		CORE STRENGTH (Daniel) 45mins			
6:45AM	PILATES (Jessie) 45min					