



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	BOXING (Mike) 45mins	STRENGTH (Mathew) 45mins	HIIT (Shaf) 45mins	STRENGTH (Mathew) 45mins	HIIT (Kyle) 45mins	
7:00AM				PILATES (Jessie) 45min		HIIT (Shaf) 45mins
8:00AM						STRENGTH (Shaf) 45mins
12:15PM			HIIT (Ken) 45mins			
1:00PM	HIIT (Mathew) 45mins	STRENGTH (Kyle) 45mins	PILATES (Jessie) 45mins	STRENGTH (Kyle) 45mins	BOXING (Mathew) 45mins	
5:15PM	BOXING (Daniel) 45mins	STRENGTH (Ken) 45mins	STRENGTH (Daniel) 45mins	STRENGTH (Ken) 45mins	STRETCH & RELEASE (Daniel) 45mins	
6:00PM	HIIT (Daniel) 45mins		BOXING (Daniel) 45mins			
6:45PM	PILATES (Jessie) 45min					