

## TEAM TRAINING TIMETABLE 2020

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