

## TEAM TRAINING TIMETABLE 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	<b>STRENGTH</b> (Kyle) 45mins	<b>STRENGTH</b> (Shaf) 45mins		<b>STRENGTH</b> (Shaf) 45mins		
7:00AM				<b>PILATES</b> (Mathew) 45min		<b>HIIT</b> (Shaf) 45mins
8:00AM			<b>HIIT</b> (William) 45mins		<b>HIIT</b> (William) 45mins	<b>STRENGTH</b> (SHAF) 45mins
12:15PM			<b>STRENGTH</b> (Daniel) 45mins			
1:00PM	<b>HIIT</b> (Mathew) 45mins	<b>STRENGTH</b> (Kyle) 45mins	<b>PILATES</b> (Sehnaz) 45mins	<b>STRENGTH</b> (Shaf) 45mins	<b>STRENGTH</b> (Sehnaz) 45mins	
5:15PM	<b>STRENGTH</b> (Daniel) 45mins	<b>STRENGTH</b> (William) 45mins	<b>STRENGTH</b> (Daniel) 45mins	<b>STRENGTH</b> (William) 45mins	<b>HIIT</b> (Daniel) 45mins	
6:00PM	<b>HIIT</b> (Sehnaz) 45mins		<b>HIIT</b> (Sehnaz) 45mins			
6:45PM	<b>PILATES</b> (Mathew) 45min					