

TEAM TRAINING TIMETABLE 2021

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