

## TEAM TRAINING TIMETABLE 2021-2022

Time	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st
8:00AM						
9:00AM			<b>HIIT</b> (Robert) 45mins	<b>PILATES</b> (Laura) 45mins	<b>HIIT</b> (Laura) 45mins	
11:00AM						
1:00PM			<b>STRENGTH</b> (Daniel) 45mins	<b>STRENGTH</b> (Kyle) 45mins	<b>STRENGTH</b> (Robert) 45mins	
3:00PM						
5:15PM			<b>BOXING</b> (Sehnaz) 45mins			
6:00PM						