



## TEAM TRAINING TIMETABLE 2022

Time	Monday 3rd	Tuesday 4th	Wednesday 5th	Thursday 6th	Friday 7th	Saturday 8th
8:00AM						HIIT (Sehnaz) 45mins
9:00AM		STRENGTH (Shaf) 45mins	HIIT (Robert) 45mins	PILATES (Laura) 45mins	HIIT (Laura) 45mins	
11:00AM						
1:00PM		HIIT (Robert) 45mins	PILATES (Sehnaz) 45mins	STRENGTH (Shaf) 45mins	STRENGTH (Sehnaz) 45mins	
3:00PM						
5:15PM		PILATES (Laura) 45mins	BOXING (Daniel) 45mins	STRENGTH (Robert) 45mins	HIIT (Daniel) 45mins	
6:00PM						