

TEAM TRAINING TIMETABLE 2021-2022

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

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						

TEAM TRAINING TIMETABLE 2022

Time	Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th	Saturday 15th
8:00AM						HIIT (Sehnaz) 45mins
9:00AM	STRENGTH (Robert) 45mins	STRENGTH (Shaf) 45mins	HIIT (William) 45mins	PILATES (Laura) 45mins	HIIT (Laura) 45mins	
11:00AM						
1:00PM	HIIT (Mathew) 45mins	HIIT (Robert) 45mins	PILATES (Sehnaz) 45mins	STRENGTH (William) 45mins	BOXING (Sehnaz) 45mins	
3:00PM						
5:15PM	BOXING (Daniel) 45mins	PILATES (Laura) 45mins	BOXING (Daniel) 45mins	STRENGTH (William) 45mins	HIIT (Daniel) 45mins	
6:00PM						