

## TEAM TRAINING TIMETABLE 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	<b>STRENGTH</b> (Robert) 45mins	<b>STRENGTH</b> (Shaf) 45mins	<b>HIIT</b> (William) 45mins	<b>STRENGTH</b> (Shaf) 45mins	<b>HIIT</b> (Laura) 45mins	
7:00AM				<b>PILATES</b> (Laura) 45min		<b>HIIT</b> (Robert) 45mins
8:00AM						<b>STRENGTH</b> (Sehaz) 45mins
12:00PM						
1:00PM	<b>HIIT</b> (Mathew) 45mins	<b>STRENGTH</b> (Robert) 45mins	<b>PILATES</b> (Sehaz) 45mins	<b>HIIT</b> (William) 45mins	<b>BOXING</b> (Sehaz) 45mins	
5:30PM	<b>BOXING</b> (Daniel) 45mins	<b>HIIT</b> (Laura) 45mins	<b>STRENGTH</b> (Daniel) 45mins	<b>STRENGTH</b> (William) 45mins		
6:15PM	<b>PILATES</b> (Sehaz) 45mins	<b>PILATES</b> (Laura) 45min				
7:15PM						



## CLINICAL CORE TIMETABLE 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM						
8:00AM		CLINICAL CORE (Sehnaz) 45mins				
9:15AM						CLINICAL CORE (Sehnaz) 45mins
12:00PM						
1:00PM						
4:30PM	CLINICAL CORE (Mat) 45mins					
6:15PM			CLINICAL CORE (Sehnaz) 45mins			