

TEAM TRAINING TIMETABLE 2022

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