

TEAM TRAINING TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	STRENGTH C (Robbie) 45mins	STRENGTH A (Shaf) 45mins	HIIT B (Robbie) 45mins	STRENGTH C (Shaf) 45mins	HIIT A (Will) 45mins	
7:00AM				PILATES (Laura) 45min		HIIT B (Robbie) 45mins
8:00AM						STRENGTH B (Sehnaz) 45mins
12:00PM			BOXING (Daniel) 45mins			
1:00PM	HIIT C (Mathew) 45mins	STRENGTH A (Robbie) 45mins	PILATES (Emma) 45mins	STRENGTH C (Emma) 45mins	BOXING (Daniel) 45mins	
5:45PM			STRENGTH B (Sehnaz) 45mins			
6:00PM	BOXING (Daniel) 45mins	HIIT A (Laura) 45mins		STRENGTH C (Will) 45mins		
7:00PM	PILATES (Sehnaz/Em) 45mins	PILATES (Laura/Em) 45min				