



# ***SESSION TIMETABLE***

## **MONDAY**

**STRENGTH 1**  
7 - 8AM

**HYBRID  
XPRESS CIRCUITS**  
8:15 - 8:45AM

**STRENGTH 2**  
7-8PM

## **THURSDAY**

**BUILD & BURN**  
6 - 6:45PM

**STRENGTH 1**  
7 - 8PM

## **TUESDAY**

**FORM & FLOW**  
7 - 8AM

**BUILD & BURN**  
6 - 6:45PM

**STRENGTH 3**  
7-8PM

## **FRIDAY**

**BOX HIIT**  
6 - 6:45AM

**STRENGTH 3**  
7 - 8AM

**HYBRID  
XPRESS CIRCUITS**  
8:15 - 8:45AM

## **WEDNESDAY**

**STRENGTH 2**  
7 - 8AM

**STRENGTH 1**  
6:15 - 7:15PM

## **SATURDAY**

**HYBRID CIRCUITS**  
9 - 9:45AM

**HYBRID CIRCUITS**  
10 - 10:45AM

