



TIMETABLE

EFFECTIVE JANUARY, 2019

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	ACTIVATE	HIIT	ADRENALINE	AFTERBURN	ENERGISE	
7:00am					STRONG	ADRENALINE
8:00am						AFTERBURN
10:30am	ADRENALINE	ENERGISE	STRONG	HIIT		
5:30pm	AFTERBURN	HIIT	ENERGISE	ADRENALINE		
6:30pm	HIIT	STRONG	AFTERBURN	STRONG		

PLEASE NOTE: This timetable is subject to change.