

# TIMETABLE CHIPPENDALE



MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

MORNING CLASSES

6:00 - 6:45	HYBRID	6:00 - 6:45 STRENGTH	6:00 - 6:45 CONDITIONING	6:00 - 6:45 HYBRID	6:00 - 6:45 STRENGTH
7:00 - 7:45	HYBRID	7:00 - 7:45 STRENGTH	7:00 - 7:45 CONDITIONING	7:00 - 7:45 HYBRID	7:00 - 7:45 STRENGTH

7:30 - 8:15  
SUPER SATURDAY

8:30 - 9:15  
SUPER SATURDAY

LUNCH CLASSES

12:15 - 1:00 STRENGTH	12:15 - 1:00 CONDITIONING	12:15 - 1:00 HYBRID	12:15 - 1:00 STRENGTH
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EVENING CLASSES

	5:00 - 5:45 STRENGTH		5:00 - 5:45 BOXING
5:30 - 6:15 HYBRID	6:00 - 6:45 STRENGTH	5:30 - 6:15 CONDITIONING	6:00 - 6:45 HYBRID
6:30 - 7:15 HYBRID	7:00 - 8:00 POWER YOGA	6:30 - 7:15 BOXING	7:00 - 8:00 VINYASA YOGA

HIIT YOGA  
BOXING & MORE