

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

7:30 - 8:15
SUPER SATURDAY

LUNCH CLASSES

	12:15 - 1:00 STRENGTH		igor	12:15 - 1:00 STRENGTH
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EVENING CLASSES

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

HIIT YOGA
BOXING & MORE