

TIMETABLE



	MOND	TUES	WEDNESD	THURSDAY	FRIDAY	SATURDAY
06.30	SGPT		SGPT		SGPT	
07.30	SGPT		SGPT		SGPT	SGPT
08.30	SGPT	SGPT	SGPT	SGPT	SGPT	SWEAT
09.30	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT
10.30	SGPT	ZONE MATCH	SGPT	ZONE MATCH	SGPT	ZONE MATCH
12.30	SGPT	SGPT	SGPT	SGPT	SGPT	
13.30	SGPT	SGPT	SGPT	SGPT	SGPT	
17.30	BUILD	SGPT	ZONE MATCH	SGPT	BUILD	
18.30	SGPT	SWEAT	SGPT	SWEAT	SGPT	
19.30	SGPT	SGPT	SGPT	SGPT	SGPT	
20.30	BOXFIT	SGPT	BOXFIT	SGPT		