















# FITBOD

## FUNCTIONAL TRAINING

### Timetable for W/C 19.06.2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>POSEIDON</b>	 <b>HADES</b>		 <b>ZEUS</b>	 <b>OLYMPUS</b>		
6:00am (45) Steven	6:00am (30) Steven		5:45am (60) Laura	6:00am (60) Andrew		
	 <b>HADES</b>				 <b>OLYMPUS</b>	
	6:30am (30) Steven				8:00am (30) Andrew	
 <b>ARES</b>	 <b>OLYMPUS</b>			 <b>POSEIDON</b>		
10:30(30) Andrew.B	10:00 (45) Crystal			9:30am (60) Crystal		
 <b>ZEUS</b>	 <b>POSEIDON</b>	 <b>APOLLO</b>	 <b>HADES</b>			
6:30pm (60) Laura	6:15pm (45) Steven	6:00pm (30) Andrew	6:15pm (45) Steven			
		 <b>ARES</b>				
		6:45pm (45) Andrew				