















FITBOD

FUNCTIONAL TRAINING

Timetable for W/C 15.01.2018

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