















# FITBOD

## FUNCTIONAL TRAINING

### Timetable for W/C 09.04.2018

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