















FITBOD

FUNCTIONAL TRAINING

Timetable for W/C 23.04.2018

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