

2018 Q4 Small Group Training Timetable

30 minute workouts you can fit into your day!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	Die Hard		Die Hard		The Fast & the Furious		
7:00am	JUMANJI	G.I. Joe	Magic Mike	The Hurt Locker	Wonder Woman		
7:30am		Wonder Woman		Magic Mike			
9:30am		Magic Mike		Wonder Woman		Die Hard	The Hurt Locker
12:00pm	Die Hard	The Fast & the Furious	Die Hard	JUMANJI	The Fast & the Furious		
12:30pm	Magic Mike	Wonder Woman	Magic Mike	G.I. Joe	Magic Mike		
1:00pm	JUMANJI	Rocky	The Hurt Locker	Wonder Woman	Rocky		
5:30pm	The Hurt Locker		G.I. Joe				
6:00pm		Die Hard		Die Hard			

Low Intensity	Moderate Intensity	High Intensity
Magic Mike	Jumanji	Die Hard
Wonder Woman	The Fast & the Furious	G.I. Joe
	Rocky	The Hurt Locker