

# 2019 Q1 SMALL GROUP TRAINING TIMETABLE

30-MINUTE WORKOUTS YOU CAN FIT INTO YOUR DAY!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	<b>DIE HARD</b>		<i>FAST &amp; FURIOUS</i>		<b>DIE HARD</b>		
7:00am		<i>GI. JOE</i>		<b>THE HURT LOCKER</b>			
8:00am						<b>DIE HARD</b>	<b>THE HURT LOCKER</b>
11:30am	<i>JUMANJI</i>	<b>ROCKY.</b>	<b>THE HURT LOCKER</b>	<i>GI. JOE</i>	<b>ROCKY.</b>		
12:00pm	<b>DIE HARD</b>	<i>FAST &amp; FURIOUS</i>	<b>DIE HARD</b>	<i>JUMANJI</i>	<i>FAST &amp; FURIOUS</i>		
12:30pm	<b>MAGIC MIKE</b>	<i>Wonder Woman</i>	<b>MAGIC MIKE</b>	<i>Wonder Woman</i>	<b>MAGIC MIKE</b>		
6:00pm	<b>THE HURT LOCKER</b>	<b>DIE HARD</b>	<i>GI. JOE</i>	<b>DIE HARD</b>			

INTENSITY			
LOW	<b>MAGIC MIKE</b>	<i>Wonder Woman</i>	
MODERATE	<i>JUMANJI</i>	<i>FAST &amp; FURIOUS</i>	<b>ROCKY.</b>
HIGH	<i>GI. JOE</i>	<b>DIE HARD</b>	<b>THE HURT LOCKER</b>



MACQUARIE University (YOU)<sup>us</sup>

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🕒 Weekdays: 5:30am – 10:00pm  
 🕒 Weekends: 6:00am – 7:00pm  
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