

# 2019 Q1 SGT TIMETABLE

30 minute workouts you can fit into your day!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	Die Hard		The Fast & the Furious		Die Hard		
7:00am		G.I. Joe		The Hurt Locker			
8:00am						Die Hard	The Hurt Locker
11:30am	JUMANJI	Rocky	The Hurt Locker	G.I. Joe	Rocky		
12:00pm	Die Hard	The Fast & the Furious	Die Hard	JUMANJI	The Fast & the Furious		
12:30pm	Magic Mike	Wonder Woman	Magic Mike	Wonder Woman	Magic Mike		
6:00pm	The Hurt Locker	Die Hard	G.I. Joe	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