

# TIMETABLE



**LEVEL UP.**

Monday	6:30am	Body Conditioning	5:30pm	HIIT		
Tuesday	6:30am	HIIT	5:30pm	Body Conditioning		
Wednesday	6:30am	Tempo	5:30pm	Full Body Mobilisation		
Thursday	6:30am	HIIT	5:30pm	Tempo		
Friday	6:30am	Body Conditioning	5:30pm	Yoga		
Saturday	7:30am	HIIT	8:15am	Yoga	9:00am	Full Body Mobilisation