

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 07:00	Group X Barbell		Bootcamp		Group X Barbell	Strength & Conditioning (07:00)	Workout of the day (07:00)
07:00 - 08:00	HIIT		Group X Barbell		HIIT	Bootcamp (08:00)	Group X Barbell (08:00)
						Box (09:00)	HIIT (09:00)
08:30 - 09:30	Strength & Conditioning	Upper Body	Workout of the day	Strength & Conditioning	Strength & Conditioning		
09:30 - 10:30	Strength & Conditioning	HIIT	BOX	Group X Barbell	Group X Barbell		
10:30 - 11:30				HIIT			
17:00 - 18:00	Group X Barbell	Box	Strength & Conditioning	Kettlecise	Group X Barbell		
18:00 - 19:00	Box	Kettlecise	Group X Barbell	Upper Body	Strength & Conditioning		
19:00 - 20:00	Group X Barbell	Kettlecise	HIIT	Box	Box		
20:00 - 21:00	HIIT	Stretch	Group X Barbell	Group X Barbell			