

OUTDOOR TIMETABLE

SPRING/SUMMER 2018



FROM 3RD APRIL 2018

MONDAY

06:00 - 06:45 MORNING MAYHEM

19:30 - 20:00 HIIT (HIGH INTENSITY INTERVAL TRAINING)

20:00 - 20:30 CORE CONDITIONING

TUESDAY

06:00 - 07:00 SUNRISE RUN

09:30 - 10:30 METAFIT

19:00 - 20:00 BOX FIT WITH BURN IT



WEDNESDAY

06:00 - 06:45 MORNING MAYHEM

09:30 - 10:30 20:20:20

19:30 - 20:30 3-2-1 (CARDIO, CORE, STRENGTH)

THURSDAY

06:00 - 06:45 FREE RUN (UNINSTRUCTED)

FRIDAY

06:00 - 06:45 MORNING MAYHEM

09:30 - 10:30 BOX FIT WITH BURN IT



SATURDAY

08:30 - 09:30 RUN-DAMENTALS

09:30 - 10:30 20:20:20

SUNDAY

09:30 - 10:30 ULTIMATE CIRCUIT TRAINING

