

OUTDOOR TIMETABLE



Monday

06:00 - 06:45 MORNING MAYHEM (The Heath - South Row)

19:30 - 20:00 HIIT (The Heath - South Row)

20:00 - 20:30 CORE CONDITIONING (The Heath - South Row)

Tuesday

06:00 - 07:00 SUNRISE RUN (Greenwich Park Rear Gates)

09:30 - 10:30 METAFIT (The Heath - South Row/St Germans Place)

Wednesday

06:00 - 06:45 MORNING MAYHEM (The Heath - South Row)

09:30 - 10:30 20:20:20 (The Heath - South Row/St Germans Place)

19:30 - 20:30 3-2-1 CARDIO, CORE, STRENGTH (The Heath - South Row)

Thursday

06:00 - 07:00 - FREE RUN - UNINSTRUCTED (Greenwich Park Rear Gates)

19:30 - 20:30 BOX FIT WITH BURN IT (The Heath - South Row)

Friday

06:00 - 06:45 MORNING MAYHEM (The Heath - South Row)

09:30 - 10:30 BOX FIT WITH BURN IT (The Heath - South Row/St Germans Place)

Saturday

08:30 - 09:30 CARDIO BLAST (The Heath - South Row)

09:30 - 10:30 20:20:20 (The Heath - South Row)

Sunday

09:30 - 10:30 ULTIMATE CIRCUIT TRAINING (The Heath - South Row)