



# *Summer Heat* **6-WEEK CHALLENGE TIMETABLE**

<b>MON</b>	6:00am HUSTLE	8:00am Strong Movers	9:30am Pilates	
<b>TUE</b>	9:30am HIIT Circuit	<b>NEW</b> 6:30pm Strength		
<b>WED</b>	8:00am Strong Movers	9:30am CBC	9:30am Strength & Cardio	7:30pm Pilates
<b>THUR</b>	6:00am HUSTLE	9:30am Stretch & Release	<b>NEW</b> 6:30pm Strength	
<b>FRI</b>	8:00am Strong Movers	9:30am Pilates	9:30am RPM	
<b>SAT</b>	<b>25TH NOV</b> 9.00am BOOTCAMP	<b>2ND DEC</b> 9:00am BOXING		