



CHIPPENDALE TIMETABLE

Mon	Tue	Wed	Thur	Fri	Sat	Sun
600 am Limitless	600 am HIIT	600 am Athletic	600 am Limitless	600 am Athletic		
700 am Limitless	700 am HIIT	700 am Athletic	700 am Limitless	700 am Athletic		
					815 am Limitless	
	1215 pm HIIT	1215 pm Athletic	1215 pm Limitless	1215 pm Athletic		
430 pm HIIT						COLOR CODES
530 pm HIIT	530 pm Athletic	530 pm Strength C	530 pm Athletic			STRENGTH
	615 pm Athletic	615 pm Limitless	615 pm Athletic			STRENGTH/CARDIO
						CARDIO