

TIMETABLE CAMPERDOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	5:30 - 6:15 STRONG (Full Body)	5:30 - 6:15 HYBRID (Lower Body)	5:30 - 6:15 STRONG (Upper Body)	5:30 - 6:15 SHRED			
	6:15 - 7:00 STRONG (Full Body)	6:15 - 7:00 HYBRID (Lower Body)	6:15 - 7:00 STRONG (Upper Body)	6:15 - 7:00 SHRED	6:15 - 7:00 STRONG (Lower Body)		
	7:00 - 7:45 STRONG (Full Body)	7:00 - 7:45 HYBRID (Lower Body)	7:00 - 7:45 STRONG (Upper Body)	7:00 - 7:45 SHRED	7:00 - 7:45 STRONG (Lower Body)		
						7:00 - 7:45 am HYBRID (Upper Body)	8:00 - 8:45 STRONG (Full Body)
						8:00 - 8:45 am HYBRID (Upper Body)	9:00 - 9:45 STRIKE
							10:00 - 11:00 SHINE Vinyasa
LUNCH CLASSES	12:15 - 1:00 STRONG (Full Body)	12:15 - 1:00 HYBRID (Lower Body)	12:15 - 1:00 STRONG (Upper Body)	12:15 - 1:00 SHRED			
EVENING CLASSES	5:00 - 5:45 STRONG (Full Body)	5:00 - 5:45 STRIKE	5:00 - 5:45 STRONG (Upper Body)	5:00 - 5:45 SHRED	5:00 - 5:45 STRONG (Lower Body)		
	5:45 - 6:30 STRONG (Full Body)	5:45 - 6:30 HYBRID (Lower Body)	5:45 - 6:30 STRONG (Upper Body)	5:45 - 6:30 SHRED			
	6:30 - 7:30 SHINE Vinyasa	6:30 - 7:15 HYBRID (Lower Body)	6:30 - 7:30 SHINE Vinyasa	6:30 - 7:15 STRIKE			

