

TIMETABLE CHIPPENDALE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING CLASSES

6:00 - 6:45 HYBRID (Lower Body)	6:00 - 6:45 STRONG (Full Body)	6:00 - 6:45 SHRED	6:00 - 6:45 STRONG (Full Body)	6:00 - 6:45 HYBRID (Upper Body)
7:00 - 7:45 HYBRID (Lower Body)	7:00 - 7:45 STRONG (Full Body)	7:00 - 7:45 SHRED	7:00 - 7:45 STRONG (Full Body)	7:00 - 7:45 HYBRID (Upper Body)

7:30 - 8:15 HYBRID (Full Body)
8:30 - 9:15 HYBRID (Full Body)

LUNCH CLASSES

12:15 - 1:00 STRONG (Full Body)	12:15 - 1:00 SHRED	12:00 - 12:45 STRONG (Full Body)	12:15 - 1:00 HYBRID (Upper Body)
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EVENING CLASSES

5:00 - 6:15 HYBRID (Lower Body)	5:00 - 5:45 STRONG (Full Body)	5:00 - 5:45 SHRED	5:00 - 5:45 STRIKE
6:15 - 7:00 HYBRID (Lower Body)	5:45 - 6:30 STRONG (Full Body)	5:45 - 6:30 SHRED	5:45 - 6:30 STRONG (Full Body)
	6:30 - 7:30 SHINE Power Yoga	6:30 - 7:15 STRIKE	6:30 - 7:30 SHINE Vinyasa

