

MY GYM TIMETABLE 07 MARCH UNTIL 26 MARCH

	MON 7/3	TUES 8/3	WED 9/3	THURS 10/3	FRI 11/3	SAT 12/3
6:30am		STRENGTH		X-TRAINING	STRENGTH	
7:15am		STRENGTH	STRENGTH	X-TRAINING	X-TRAINING	
9:00am						X-TRAINING
9:45am						STRENGTH
11:15am						X-TRAINING
12:00pm						KICK BOXING
12:30pm	STRENGTH	FIT	X-TRAINING			
1:15pm	FIT	X-TRAINING	BOXING			
5:45pm	STRENGTH	X-TRAINING	BOXING	X-TRAINING		
6:30pm	X-TRAINING	FIT	STRENGTH	BOXING		
7:15pm	BOXING	X-TRAINING	FIT	STRENGTH		

	MON 14/3	TUES 15/3	WED 16/3	THURS 17/3	FRI 18/3	SAT 19/3
6:30am				X-TRAINING	STRENGTH	
7:15am			STRENGTH	X-TRAINING	X-TRAINING	
9:00am						X-TRAINING
9:45am						STRENGTH
11:15am						X-TRAINING
12:00pm						BOXING
12:30pm	STRENGTH	FIT	X-TRAINING			
1:15pm	FIT	X-TRAINING	BOXING			
5:45pm	STRENGTH	X-TRAINING	BOXING	X-TRAINING		
6:30pm	X-TRAINING	FIT	STRENGTH	BOXING		
7:15pm	BOXING	X-TRAINING	FIT	STRENGTH		

	MON 21/3	TUES 22/3	WED 23/3	THURS 24/3	FRI 25/3	SAT 26/3
6:30am				X-TRAINING	STRENGTH	
7:15am			STRENGTH	X-TRAINING	X-TRAINING	
9:00am						X-TRAINING
9:45am						STRENGTH
11:15am						X-TRAINING
12:00pm						KICK BOXING
12:30pm	STRENGTH	FIT	X-TRAINING	BOXING		
1:15pm	FIT	X-TRAINING	BOXING	STRENGTH		
5:45pm	STRENGTH	X-TRAINING	BOXING	X-TRAINING	HEAVY	
6:30pm	X-TRAINING	FIT	STRENGTH	BOXING	METAL	
7:15pm	BOXING	X-TRAINING	FIT	STRENGTH	Mac	