

CHRISTMAS AND NEW YEAR TIMETABLE

MON 21/12	TUES 22/12	WED 23/12	MON 28/12	TUES 29/12	WED 30/12	SAT 2/1/16
	6.30AM X-TRAINING	6.30AM X-TRAINING				
	7.15AM STRENGTH	7.15AM TEAM				10.30AM X-TRAINING
5.45PM X-TRAINING	5.45PM TEAM					
6.30PM TEAM	6.30PM STRENGTH	6.15PM X-TRAINING	6.30PM TEAM	6.30PM STRENGTH	6.30PM X-TRAINING	
	7.15PM STRENGTH	7.00PM STRENGTH				

WEEK 4/1/16 - 10/1/16 (AS 2015 SECHEDULE, NO LUNCHTIME SESSIONS THIS WEEK)

M 4/1	T 5/1	W 6/1	T 7/1	F 8/1	S 9/1	S 10/1
	6.30AM X-TRAINING	6.30AM X-TRAINING		6.30AM STRENGTH	9.00AM TEAM	
	7.15AM STRENGTH	7.15AM TEAM		7.15AM X-TRAINING	9.30AM STRENGTH	
					10:30AM X-TRAINING	
5.45PM X-TRAINING	5.45PM X-TRAINING		5.30PM TEAM			
6.30PM TEAM	6.30PM STRENGTH	6.15PM TEAM	6.15PM STRENGTH			
	7.15PM STRENGTH	7.00PM STRENGTH				

NEW 2016 TIMETABLE STARTS JANUARY 11

M 11/1	T 12/1	W 13/1	T 14/1	F 15/1	S 16/1	S 17/1
	*6.15AM X-TRAINING	*6.15AM X-TRAINING	*6.15AM TEAM	*6.15AM STRENGTH	9.00AM TEAM	
	7.15AM TEAM			7.00AM X-TRAINING	9.30AM STRENGTH	
					10:30AM X-TRAINING	
	12.30PM TEAM	12.30PM X-TRAINING	12.30PM TEAM	12.30PM STRENGTH		
5.45PM X-TRAINING	5.45PM TEAM		*5.45PM TEAM			
6.30PM TEAM	6.30PM STRENGTH	*6.30PM X-TRAINING	*6.30PM STRENGTH			
	7.15PM STRENGTH	*7.15PM STRENGTH				