

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 5:30am	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT		
5:30am - 6:00am	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT		
6:00am - 6:30am	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT		
6:30am - 7:00am	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT		
7:00am - 7:30am	HYBRID CIRCUIT	CORE	HYBRID CIRCUIT	CORE	HYBRID CIRCUIT	HYBRID CIRCUIT	
7:30am - 8:00am						HYBRID CIRCUIT	HYBRID CIRCUIT
7:45am - 8:15am		HYBRID CIRCUIT		HYBRID CIRCUIT			
8:00am - 8:30am						HYBRID CIRCUIT	HYBRID CIRCUIT
8:30am - 8:45am							CORE
8:45am - 9:15am						HYBRID CIRCUIT	
9:00am - 9:15am	CORE	CORE	MOBILITY	CORE	MOBILITY		STRENGTH
9:15am - 9:45am	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT		STRENGTH
9:30am - 10:00am						STRENGTH	
9:45am - 10:25am	STRENGTH		STRENGTH		STRENGTH	STRENGTH	
10:00am - 10:30am							
10:15am - 10:45am							
10:30am - 11:10am							
3:30pm - 4:00pm							
3:45pm - 4:00pm	CORE	CORE	CORE	CORE	CORE		
4:00pm - 4.30pm	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT		
4:30pm - 5:00pm	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT			
5:00pm - 5:30pm	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	HYBRID CIRCUIT	STRENGTH		
5:30pm - 6:00pm	STRENGTH	STRENGTH	STRENGTH	STRENGTH			
6:00pm - 6:30pm							
6:25pm - 6:45pm							

HYBRID CIRCUIT

A combination of exercises covering the full body using resistance and cardio training for all fitness levels.

STRENGTH

Monday and Thursday Upper body
Tuesday, Friday and Saturday lower body
Wednesday and Sunday full body

CORE

Focus on strengthening and building endurance in the abdominal area and lower back.

MOBILITY

Improve flexibility through the joints with dynamic and active exercises.