



CHQ - TIMETABLE

July 27th

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:05-06:45	FF CIRCUITS	FFC	FF CIRCUITS	FFC	FF CIRCUITS	FF CIRCUITS 10:00-10:45	ASS & ABS 10:00-10:45
07:15-8:00	ASS & ABS	ASS & ABS	FFC	ASS & ABS	ASS & ABS	FFC 11:30-12:15	PUMP 11:30-12:15
10:05-10:50	FFC	PUMP	PUMP	PUMP	FFC	A&A 12:45-13:30	FF CIRCUITS 12:45-13:30
12:15-12:45	ASS & ABS	FFC	FFC	FF CIRCUITS	PUMP		VAULT 1 + 2
18:00-18:45	FF CIRCUITS	ASS & ABS	PUMP	ASS & ABS	FF CIRCUITS		CONDITIONING AREA
19:05-19:50	PUMP	FF CIRCUITS	FF CIRCUITS	FF CIRCUITS	FFC		YOGA STUDIO