

Semester Two 2009

MPR RPM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6.30am	BASIC TRAINING EARLY MORNING CARDIO		BASIC TRAINING EARLY MORNING INTERVALS		BASIC TRAINING EARLY MORNING STRETCH	9.15am		
6.30am						10.00am		
7.30am	Box Fit		Box Fit		Box Fit			
12.15pm		TAIGALATES		L.I.F.E		11.00am		
12.15pm						12.00pm		
12.30pm	CIRCUIT		CIRCUIT	CIRCUIT	CIRCUIT	2.45pm		
						5.00pm		
5.30pm								
5.30pm						5.30pm		
5.30pm	CIRCUIT		CIRCUIT	CIRCUIT		5.30pm		TAIGALATES
6.30pm								
6.30pm								

LES MILLS

