

BANK CLASS TIMETABLE

DAY	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	5PM	6PM	7PM
Monday	HYBRID		SWEAT				STRONG			SWEAT	
Tuesday		SWEAT						HYBRID	BUILD		STRONG
Wednesday	SWEAT		STRONG				BUILD			HYBRID	
Thursday		HYBRID						SWEAT	SWEAT		BUILD & BURN
Friday			BUILD & BURN				BUILD & BURN			FNL	
Saturday					STRONG	STRONG			SWEAT		
Sunday					HYBRID	HYBRID	STRETCH				