NORTH KENSINGTON CLASS TIMETABLE

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