OLD STREET CLASS TIMETABLE

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