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	2007		HYBRID					SWEAT			BUILD
Thursday		STRONG					BUILD & BURN				STRONG
Friday	SWEAT		HYBRID					STRONG		FNL	
Saturday			STRONG					STRONG			
Sunday											