

VAUXHALL CLASS TIMETABLE

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