ALDGATE CLASS TIMETABLE

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