ALDGATE TIMETABLE

DAY	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	4PM	5PM	6PM	7PM
Monday	SGPT SWEAT	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT HYBRID	SGPT		SGPT	BUILD	SGPT	SGPT
Tuesday	SGPT	SGPT	SGPT BUILD	SGPT	SGPT	SGPT	SGPT	SGPT SWEAT	SGPT		SWEAT	SGPT	SGPT
Wednesday	SGPT	SGPT	SGPT HYBRID	SGPT	SGPT	SGPT	SGPT BUILD & BURN	SGPT			SGPT	SGPT	SGPT
Thursday	HYBRID	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT HYBRID	SGPT	SGPT	SGPT	SGPT	BUILD
Friday	SGPT SWEAT	SGPT	SGPT	SGPT	SGPT	SGPT	BUILD & BURN	SGPT			SGPT	FNF	
Saturday			SGPT	SGPT	SGPT	HYBRID	SGPT						
Sunday													