## ALDGATE TIMETABLE



| DAY       | 6AM            | 7AM  | 8AM            | 9AM  | 10AM | <b>11AM</b>    | 12PM                 | 1PM            | 5PM           | 6PM         | 7PM  |
|-----------|----------------|------|----------------|------|------|----------------|----------------------|----------------|---------------|-------------|------|
| Monday    | SGPT<br>SWEAT  | SGPT | SGPT           | SGPT | SGPT | SGPT           | SGPT                 | SGPT           | SGPT<br>BULD  | SGPT        | SGPT |
| Tuesday   | SGPT           | SGPT | SGPT           | SGPT | SGPT | SGPT           | SGPT                 | SGPT<br>SWEAT  | SGPT<br>SWEAT | SGPT        | SGPT |
| Wednesday | SGPT           | SGPT | SGPT<br>HYBRID | SGPT | SGPT | SGPT           | SGPT<br>BUILD & BURN | SEPT           | SGPT          | SGPT        | SGPT |
| Thursday  | SGPT<br>HYBRID | SGPT | SGPT           | SGPT | SGPT | SGPT           | SGPT                 | SGPT<br>HYBRID | SGPT          | SGPT        | SGPT |
| Friday    | SGPT<br>SWEAT  | SGPT | SGPT           | SGPT | SGPT | SGPT           | SGPT<br>BUILD & BURN | SCPT           | SGPT          | SGPT<br>FNF | SGPT |
| Saturday  | SGPT           | SGPT | SEPT           | SGPT | SGPT | SHPT<br>HYBRID | SGPT                 | SGPT           |               |             |      |
| Sunday    |                |      |                |      |      |                |                      | <b>\</b>       |               |             |      |