

BANK TIMETABLE



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