NORTH KENSINGTON TIMETABLE

DAY	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Monday	SGPT	SGPT SWEAT	SGPT HYBRID	SGPT	SGPT	SGPT	SGPT SWEAT			SGPT	SGPT	SGPT	SGPT	SGPT HYBRID	SGPT
Tuesday	SGPT SWEAT	SGPT HYBRID	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT HYBRID	SGPT	SGPT	SGPT	SGPT BUILD	SGPT SWEAT	SGPT	SGPT
Wednesday	SGPT	SGPT SWEAT	SGPT STRONG	SGPT	SGPT	SGPT	SGPT	SGPT SWEAT		SGPT	SGPT	SGPT	SGPT	SGPT STRONG	SGPT
Thursday	SGPT	SGPT BUILD	SGPT HYBRID	SGPT	SGPT	SGPT	SGPT	SGPT HYBRID	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT SWEAT	SGPT
Friday	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT BUILD & BURN	SGPT	SGPT	SGPT	SGPT	SGPT FNF	SGPT	
Saturday		SGPT	SGPT SWEAT	SGPT BUILD	SGPT	SGPT STRONG	SGPT STRETCH	SGPT							
Sunday															