NORTH KENSINGTON TIMETABLE

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