## RICHMOND TIMETABLE



DAY	6AM	7AM	8AM	9AM	10AM	11AM	<b>12PM</b>	1PM	2PM	3PM	5PM	6PM	7PM	8PM
Monday	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT			SGPT	SGPT	STRONG	SGPT	SGPT
Tuesday	SGPT	SGPT	HYBRID	SGPT		SGPT	SGPT	SGPT	SGPT	SGPT	SPT	SGPT	BUILD	SGPT
Wednesday	SGPT	SGPT SWEAT	SGPT	SGPT	SGPT	SGPT	SGPT HYBRID	SGPT	SGPT	SGPT	BUILD & BURN	SGPT	SGPT	SGPT
Thursday	SGPT	SAPT	SGPT BUILD & BURN	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT	SWEAT	SGPT
Friday	SGPT	SGPT STRONG	SGPT	SGPT	SGPT	SGPT	SGPT BULD	SGPT	SGPT	SGPT	SGPT	HYBRID	SGPT	
Saturday				SGPT SWEAT	SGPT	SGPT	SGPT STRONG	STRETCH						

Sunday