

VAUXHALL TIMETABLE



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