# NORTH KENSINGTON TIMETABLE

| DAY | 6AM | 7AM | 8AM | 9AM | 10AM | 11AM | 12PM | 1PM | 2PM | 3PM | 4PM | 5PM | 6PM | 7PM | 8PM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Monday | SGPT | SGPT | SGPT HYBRID | SGPT | SGPT | SGPT | SGPT SWEAT | | | SGPT | SGPT | SGPT | SGPT | SGPT HYBRID | SGPT |
| Tuesday | SGPT | SGPT HYBRID | SGPT | SGPT | SGPT | SGPT | SGPT | SGPT HYBRID | SGPT | SGPT | SGPT | SGPT | SGPT SWEAT | SGPT HYBRID | SGPT |
| Wednesday | SGPT | SGPT SWEAT | SGPT HYBRID | SGPT | SGPT | SGPT | SGPT | SGPT SWEAT | | SGPT | SGPT | SGPT | SGPT | SGPT HYBRID | SGPT |
| Thursday | SGPT | SGPT HYBRID | SGPT SWEAT | SGPT | SGPT | SGPT | SGPT | SGPT HYBRID | SGPT | SGPT | SGPT | SGPT | SGPT | SGPT SWEAT | SGPT |
| Friday | SGPT | SGPT | SGPT | SGPT | SGPT | SGPT | SGPT | SGPT HYBRID | SGPT | SGPT | SGPT | SGPT | SGPT FNL | SGPT | |
| Saturday | | SGPT | SGPT SWEAT | SGPT HYBRID | SGPT | SGPT STRONG | SGPT STRETCH | SGPT | | | | | | | |
| Sunday | | | | | | | | | | | | | | | |