

SMALL GROUP TRAINING TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
08:00 HYROX STRENGTH Strength & Conditioning 60 mins	07:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	08:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	07:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	08:00 HYROX STRENGTH Strength & Conditioning 60 mins	08:00 HYROX SIMULATION Conditioning 90 mins	09:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins
09:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	08:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	08:00 HYROX ENGINE Conditioning 60 mins	08:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	08:00 CAGEFIT KICKBOXING Conditioning 60 mins	09:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	09:30 HYROX SIMULATION Conditioning 90 mins
10:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	09:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	09:00 HYROX ENGINE Conditioning 60 mins	09:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	09:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	09:30 HYROX SIMULATION Conditioning 90 mins	10:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins
12:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	12:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	11:00 HYROX ENGINE Conditioning 60 mins	12:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	10:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	10:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	11:00 HYROX SIMULATION Conditioning 90 mins
17:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	17:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	12:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	17:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins		11:00 HYROX SIMULATION Conditioning 90 mins	
18:00 HYROX STRENGTH Strength & Conditioning 60 mins	18:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	17:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	18:00 HYROX STRENGTH Strength & Conditioning 60 mins			
19:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	18:00 HYROX STRENGTH Strength & Conditioning 60 mins	18:00 HYROX ENGINE Conditioning 60 mins	19:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins			
19:00 HYROX STRENGTH Strength & Conditioning 60 mins	19:00 HYROX STRENGTH Strength & Conditioning 60 mins	19:00 HYROX ENGINE Conditioning 60 mins	19:00 HYROX STRENGTH Strength & Conditioning 60 mins			
19:00 CAGEFIT KICKBOXING Conditioning 60 mins	20:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	19:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins	20:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins			
20:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins		20:00 UNDISPUTED FITNESS Strength & Conditioning 60 mins				