



JAN 2019

# CATALYST TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6.45AM</b>	Box (45 mins)	Barbell Club (1 hour) Deadlift	Indoor Cycling (45 mins)	Barbell Club (1 hour) Squat	Bootcamp (45 mins)		
<b>8.30AM</b>						Barbel Metcon (1hour)	
<b>9AM</b>							Bootcamp (45 mins)
<b>9.30AM</b>	Barbell Club (1 hour) Squat	SHIFT (45 mins)	Kettlercise (45 mins)	Indoor Cycling (45 mins)	Barbell Club (1 hour) Deadlift	Indoor Cycling (45 mins) Beginners Barbell Club (45 mins)	
<b>10AM</b>							Indoor Cycling (45 mins)
<b>10.30AM</b>						Core (45 mins)	
<b>12.30PM</b>	Core (30 mins)	Indoor Cycling (30 mins)	Barbell Metcon (45 mins)	Box (30 mins)	Kettlercise (30 mins)		
<b>5.15PM</b>		Endurance (30 mins)					
<b>5.30PM</b>	Indoor Cycling (30 mins)				Indoor Cycling (30 mins)		
<b>6PM</b>	Kettlercise (45 mins)	Barbell Club (1 hour) Squat	SHIFT (45 mins)	ENDURANCE (45mins)			
<b>6.15PM</b>					Barbell Club (1 hour) Deadlift		
<b>6.30PM</b>		Indoor Cycling (45 mins)	Indoor Cycling (45 mins)	Indoor Cycling (45 mins)			
<b>7PM</b>	Bootcamp (45 mins)		Core (45 mins)				
<b>7.15PM</b>		Kettlercise (45 mins)		Barbell Club (1 hour) Squat			
<b>8PM</b>	Barbell Club (1hour) Deadlift						