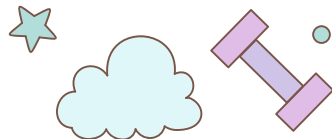


# POWER FITNESS TIMETABLE



Time	Mon	Tue	Wed	Thu	Fri	Sat
9am	Kettle bells	Aerobics	Gravity	Kettle bells	Aerobics	HIIT
11am	Gravity	Kettle bells	Aerobics	Aerobics	Gravity	Aerobics
3pm	Aerobics	Gravity	Kettle bells	Gravity	HIIT	SPIN
6pm	HIIT	SPIN	HIIT	SPIN	Kettle bells	Kettle bells
8pm	SPIN	HIIT	SPIN	HIIT	SPIN	

