

INTELLIGENT EXERCISE SCHEDULE

TIME	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
	EL	ES	EN	EL	ES	EN	EL	ES	EN	EL	ES	EN	EL	ES	EN	EL	ES	EN
08.00	F FITHAI	FH I-EX	F REF	I TOWER	A Fun		F TOWER		F REF	SNH	I AERIAL		TRX	FHY				FH I-EX
09.15	TRX	F MAT		CTR	FHY			FH I-EX	F REF	B CHAIR	FHY		F FITHAI	I AERIAL		B TOWER	A Fun	
10.30																		
16.15					A Fun		F TOWER						A Fun (Aerial Fundamental)					
17.30	I TOWER	TRX			FHY			A Fun	F REF		FH I-EX	F REF	Prop (Magic circle, Fitball, Wedges, Roller foam)					
18.45	SNH			F TOWER	I AERIAL		B CHAIR	TRX		B TOWER	A Fun		Start Date : 8 OKTOBER 2018					