



# Encore Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6.00am-6.50am	Small Group Training	Sweat	Small Group Training	Sweat	Small Group Training			
7.00am-7.50am	Small Group Training	Small Group Training	Small Group Training	Small Group Training	Build n burn	Small Group Training		
8.00am-8.50am	Build n burn	Small Group Training	Sweat	Small Group Training	Small Group Training	Zoom Boxing	Zoom Small Group	Sweat
9.00am-9.50am	Small Group Training	Sweat	Zoom Boxing	Small Group Training	Small Group Training	Small Group Training	Small Group Training	
10.00am-10.50am	Zoom Boxing	Small Group Training	Mobility	Zoom Small Group	Small Group Training	Zoom Sweat	Build n Burn	
11.00am-11.50am						Small Group Training		
12.00pm-12.50pm	Sweat	Small Group Training	Build n burn	Sweat	Small Group Training			
13.00pm-13.50pm	Small Group Training	Zoom Mobility	Small Group Training	Small Group Training	Sweat			
17.00pm-17.50pm	Zoom Mobility	Small Group Training	Small Group Training	Small Group Training	Zoom Small Group	Mobility	Zoom Sweat	Small Group Training
18.00pm-18.50pm	Small Group Training	Small Group Training	Build n burn	Small Group Training	Zoom Mobility			
19.00pm-19.50pm	Sweat	Build n burn	Sweat	Build n burn	Small Group Training			
20.00pm-20.50pm	Big Three		Small Group Training	Fundamentals				

Small Group Training
  Unlimited
  Zoom