

ONLINE WORKOUT LIVESTREAM TIMETABLE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------|--------|---------|-----------|----------|--------|
| 06.00 | | | | | |
| 06.15 | | | | | |
| 07.00 | | | | | |
| 08.00 | | | | | |
| 12.00 | | | | | |
| 13.00 | | | | | |
| 17.00 | | | | | |
| 17.15 | | | | | |
| 18.00 | | | | | |
| 19.00 | | | | | |
| 20.00 | | | | | |

| TIME | SATURDAY | SUNDAY |
|-------|----------|--------|
| 07.00 | | |
| 07.15 | | |
| 08.00 | | |
| 09.00 | | |
| 12.00 | | |