

# ONLINE WORKOUT LIVE-STREAM 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		