

**Exquisite Fitness Timetable 11<sup>th</sup> February 2019**

|                | Monday                        | Tuesday                      | Wednesday                     | Thursday                      | Friday                                    | Saturday                       |
|----------------|-------------------------------|------------------------------|-------------------------------|-------------------------------|---|--------------------------------|
| 5.30am-6.15am  | Strength & Conditioning       | Strength & Conditioning      | Strength & Conditioning       | Strength & Conditioning       | Strength & Conditioning                   |                                |
| 6.30am-7.30am  |                               |                              |                               |                               |   | Nulty Way Stairs Bootcamp      |
| 7.15am-8.00am  |                               |                              |                               |                               |   | Bootcamp                       |
| 8.15am-9.00am  |                               |                              |                               |                               |   | Bootcamp *<br>Inc. babysitting |
| 9.15am-10.15am | Bootcamp*<br>Inc. babysitting | Pilates*<br>Inc. babysitting | Bootcamp*<br>Inc. babysitting | Bootcamp*<br>Inc. babysitting | Low Impact Bootcamp *<br>Inc. babysitting |                                |
| 5.30pm-6.15pm  | Strength & Conditioning       | Strength & Conditioning      | Strength & Conditioning       | Strength & Conditioning       |   |                                |
| 6.15pm-7.00pm  | Strength & Conditioning       | Strength & Conditioning      | Strength & Conditioning       | Strength & Conditioning       |   |                                |