



WAVERLEY TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
MORNING												
5:05AM	E-HIIT	FUNCTIONAL CONDITIONING	STRENGTH	E-FUSION	E-HIIT							
6:00AM	E-HIIT	BOXING CONDITIONING	STRENGTH	PILATES + STRENGTH	E-HIIT							E-FUSION 6:30AM
7:00AM	PILATES + STRENGTH		E-FUSION	E-HIIT	PILATES + STRENGTH							
9:30AM	E-HIIT	E-FUSION	PILATES + STRENGTH	E-FUSION	PILATES + EXERTION							
EVENING												
5:00PM	STRENGTH	E-FUSION 5:30PM	FUNCTIONAL STRENGTH		E-HIIT 5:30PM							
6:00PM	STRENGTH	E-FUSION 6:15PM										
7:00PM												