

# COMPOUND TIMETABLE

6AM

8PM

MONDAY	FORTITUDE41 6.00-6.45 PUSH	FORTITUDE41 7.00-7.45 PUSH		FORTITUDE41 9.15-10.00 PUSH	OPEN GYM 10.00-11.00	FEROCITY41 11.00-11.45	OPEN GYM 12.00-17.00		FORTITUDE41 18.00-18.45 PUSH	FORTITUDE41 19.00-19.45 PUSH	
TUESDAY	HYROX CARDIO 6.00-6.45	OPEN GYM 7.00-10.45				ASSAULT41 11.00-11.45	OPEN GYM 12.00-17.00		FORTITUDE41 17.00-17.45 PUSH	OPEN GYM 18.00-19.00	HYROX CARDIO 19.00-19.45
WEDNESDAY	ASSAULT41 6.00-6.45	OPEN GYM 7.00-19.00			FEROCITY41 9.15-10.00	OPEN GYM 10.00-11.00	FORTITUDE41 11.00-11.45 PULL	OPEN GYM 12.00-18.00	HYROX STRENGTH 18.00-18.45	HYROX STRENGTH PRO 19.00-19.45	
THURSDAY	FORTITUDE41 6.00-6.45 PULL	OPEN GYM 7.00-10.45				FEROCITY41 11.00-11.45	OPEN GYM 12.00-18.00		FORTITUDE41 18.00-18.45 PULL	FORTITUDE41 19.00-19.45 PULL	
FRIDAY	FEROCITY41 6.00-6.45	OPEN GYM 7.00-10.45				ASSAULT41 11.00-11.45	OPEN GYM 12.00-16.00				
SATURDAY		FORTITUDE41 8.00-8.45 PUSH/PULL	FITTCLUB41 9.00-9.45	OPEN GYM 10.00-13.00							
SUNDAY			ASSAULT41 9.00-9.45	FORTITUDE41 10.00-10.45 PUSH/PULL	OPEN GYM 11.00-13.00						

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