

COMPOUND TIMETABLE

6 AM

8 PM

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		OPEN GYM 17.45-18.45	FORTITUDE41 19.00-19.45 PUSH
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TUESDAY

HYROX 6.00-6.45		OPEN GYM 7.00-10.45			ASSAULT 41 11.00-11.45		OPEN GYM 12.00-17.00		FORTITUDE41 17.00-17.45 PUSH	OPEN GYM 18.00-20.00
										FITT4RUN 19.00-19.45

WEDNESDAY

ASSAULT 41 6.00-6.45	ASSAULT 41 7.00-7.45		FEROCITY41 9.15-10.00	OPEN GYM 10.00-11.00	FORTITUDE41 11.00-11.45 PULL		OPEN GYM 12.00-18.00		HYROX 18.00-18.45	OPEN GYM 19.00-20.00
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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
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FRIDAY

FEROCITY41 6.00-6.45		OPEN GYM 7.00-10.45			ASSAULT 41 11.00-11.45		OPEN GYM 12.00-16.00			
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SATURDAY

		FORTITUDE41 8.00-8.45 PUSH/PULL	FITTCLUB41 9.00-9.45	OPEN GYM 10.00-13.00						
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SUNDAY

			ASSAULT 41 9.00-9.45	FORTITUDE41 10.00-10.45 PUSH/PULL	OPEN GYM 11.00-13.00					
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RESULT DRIVEN TRAINING

