



CATALYST TIMETABLE

MARCH 2020 - BARBELL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45AM		Barbell Club (1 hour) Deadlift		Barbell Club (1 hour) Squat			
8:30AM						Barbell Metcon (1 hour)	
9:30AM	Barbell Club (1 hour) Squat	Barbell Metcon (45 mins)			Barbell Club (1 hour) Deadlift		
12:30PM			Barbell Metcon (45 mins)				
6:15PM					Barbell Club (1 hour) Deadlift		
6:30PM		Barbell Club (1 hour) Olympic Lifting					
7:15PM				Barbell Club (1 hour) Squat			
8:00PM	Barbell Club (1 hour) Deadlift						