



# CATALYST TIMETABLE

JULY 2020 - GROUP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45AM	Bootcamp (45 mins)	Barbell Club (1 hour) Deadlift	Indoor Cycling (45 mins)	Barbell Club (1 hour) Squat	Bootcamp (45 mins)		
8:30AM						Barbell Metcon (45 mins)	
9:00AM							
9:30AM	Barbell Club (1 hour) Squat	Barbell Metcon (45 mins)	Kettlercise (45 mins)	Indoor Cycling (45 mins)	Barbell Club (1 hour) Deadlift	Indoor Cycling (45 mins)	
10:00AM							Indoor Cycling (45mins)
10:30AM				Pilates (1 hour)		Core (45 mins)	
12:30PM	Core (30 mins)	Indoor Cycling (30 mins)	Barbell Metcon (45 mins)	Sean WOD (30 mins)	Kettlercise (30 mins)		
5:15PM	Indoor Cycling (30 mins)						
5:30PM		Frankie WOD (30 mins)			Indoor Cycling (30 mins)		
6:00PM	Kettlercise (30 mins)		Bootcamp (30 mins)	Endurance (30 mins)			
6:15PM		Indoor Cycling (30 mins)					
6:45PM	Kettlercise (30 mins)		Indoor Cycling (30 mins)	Indoor Cycling (30 mins)			
7:00PM		Barbell Club (1 hour) Olympic Lifting					
7:30PM	Bootcamp (30 mins)		Core (30 mins)	Barbell Club (1 hour) Squat			
8:15PM	Barbell Club (1 hour) Deadlift						