



CATALYST TIMETABLE

JULY 2020 - ONLINE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM			Yoga Online (1 hour)				
9:30AM			Kettlebell Online (45 mins)				
10:30AM				Pilates Online (1 hour)		Core Online (45 mins)	
12:30AM	Core Online (30 mins)			Sean WOD Online (30 mins)	Kettlercise Online (30 mins)		
5:30PM		Frankie WOD Online (30 mins)					
6:00PM	Kettlercise Online (30 mins)						
6:45PM				Indoor Cycling Online (30 mins)			
7:30PM			Core Online (30 mins)				