



CATALYST TIMETABLE

SEPTEMBER 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 | | | | | | |