



CATALYST TIMETABLE

JANUARY 2021 - ONLINE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM	Tony WOD (45 mins)	Cat WOD (45 mins)	Core (45 mins)	Tony WOD (45 mins)	Hiit (45 mins)		
8:30AM						Cat WOD (45 mins)	
10:00AM							Yoga (45 mins)
10:30AM				Pilates (1 hour)		Core (45 mins)	
12:30AM	Core (30 mins)	Sean Mobility (30 mins)	Sean WOD (30 mins)		Kettlercise (30 mins)		
5:00PM	Indoor Cycling (45 mins)						
6:00PM	Kettlercise (45 mins)	Hiit (45 mins)	Hiit (45 mins)	Indoor Cycling (45 mins)	Scott WOD (45 mins)		