



CATALYST TIMETABLE

MAY 2021 - GROUP TRAINING

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