



CATALYST TIMETABLE

MAY 2021 - ONLINE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM							Yoga (1 Hour)
10:30AM				Pilates (1 Hour)		Core (45 Mins)	
12:30PM	Laura WOD (30 mins)			Core (30 Mins)	Kettlercise (30 Mins)		
5:30PM		Scott WOD (30 Mins)					
6:00PM	Kettlercise (45 Mins)						
7:30PM			Core (30 Mins)				