



# CATALYST TIMETABLE

SEPTEMBER 2021 - BARBELL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45AM	<b>Functional FITNESS (45 mins)</b>	<b>Barbell Club DEADLIFT (1 Hour)</b>		<b>Barbell Club SQUAT (1 Hour)</b>			
8:30AM						<b>Barbell METCON (45 Mins)</b>	
9:30AM	<b>Barbell Club SQUAT (1 Hour)</b>	<b>Barbell METCON (45 Mins)</b>			<b>Barbell Club DEADLIFT (1 Hour)</b>		
12:30AM			<b>Barbell METCON (45 Mins)</b>				
6:00PM				<b>Functional FITNESS (45 mins)</b>			
7:00PM		<b>Barbell Club OLYMPIC LIFTING (1 Hour)</b>		<b>Barbell Club SQUAT (1 Hour)</b>			
8:00PM	<b>Barbell Club DEADLIFT (1 Hour)</b>						