



CATALYST TIMETABLE

SEPTEMBER 2021 - GROUP TRAINING

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|---|--|-------------------------------------|--|---|-------------------------------------|-------------------------------------|
| 6:45AM | Functional Fitness (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 | | | | | | Core (45 Mins) | |
| 12:30AM | WOD (30 Mins) | Indoor Cycling (30 mins) | Barbell Metcon (45 Mins) | Core (30 Mins) | Kettlercise (30 Mins) | | |
| 5:15PM | | | | | | | |
| 5:30PM | Indoor Cycling (30 mins) | WOD (30 Mins) | | | Indoor Cycling (30 mins) | | |
| 6:00PM | Kettlercise (45 Mins) | | Bootcamp (45 mins) | Functional Fitness (45 mins) | | | |
| 6:30PM | | Indoor Cycling (45 mins) | Indoor Cycling (45 mins) | Indoor Cycling (45 mins) | | | |
| 6:45PM | | | | | | | |
| 7:00PM | Bootcamp (45 mins) | Barbell Club - Olympic Lifting (1 Hour) | | Barbell Club - Squat (1 Hour) | | | |
| 7:30PM | | | Core (30 Mins) | | | | |
| 8:00PM | Barbell Club - Deadlift (1 Hour) | | | | | | |