



CATALYST TIMETABLE

SEPTEMBER 2021 - ONLINE

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