

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00- 7.45am	BOXING	LIFT	FUNHOUSE	GRID	TRAINERS PICK	
7:30 – 8:30am						FUNHOUSE
8:30-9:30am						FUNHOUSE
7:45-8:30am			BOXING			
9:30am-10:15am			LIFT			
12:00- 12:45pm	GRID	SUPERHIIT	LIFT	BOXING	TRAINERS PICK	
5:15-6:00pm	SUPERHIIT	LIFT	TRAINERS PICK	GRID		
6:00-6.45pm	BOXING	TRAINERS PICK	LIFT	SUPERHIIT		