



CLASS TIMETABLE

To book email urbanreformfit@gmail.com
Send DM  [@urbanreformfit](https://www.instagram.com/urbanreformfit)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STRENGTH 6.30AM	CROSS-HIIT CONDITIONING 6.30AM	STRENGTH 6.30AM	CROSS-HIIT CONDITIONING 6.30AM	STRENGTH 6.30AM		
CROSS-HIIT CONDITIONING 5.15PM	STRENGTH 5.15PM	STRENGTH 5.30PM	STRENGTH 5.15PM	CROSS-HIIT CONDITIONING 5.30PM	BOOTCAMP CONDITIONING 10:00AM	HYROX STRENGTH CONDITIONING 10.30AM
STRENGTH 6.00PM	CROSS-HIIT CONDITIONING 6.15PM	HYROX STRENGTH CONDITIONING 6.30PM	BOOTCAMP CONDITIONING 6.15PM	STRENGTH 6.30PM		
BOXING CONDITIONING 7.00PM						