

DETHRONE 1 (Bullard & Marks)

HIGH INTENSITY INTERVAL TRAINING (HIIT)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	
5:45	HIIT	HIIT	HIIT	HIIT	HIIT	
6:00	Fitness	Fitness	Fitness	Fitness	Fitness	
6:15						
9:00						9:00-9:45 HIIT Fitness
9:15						
9:30						
9:45						
5:45	5:45-6:30	5:45-6:30	5:45-6:30	5:45-6:30		
6:00	HIIT	HIIT	HIIT	HIIT		
6:15	Fitness	Fitness	Fitness	Fitness		
6:30						