



High Intensity Interval Training (HIIT)

DETHRONE 1 (Bullard & Marks)



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	HIIT Fitness 5:30 - 6:15	HIIT Fitness 5:30 - 6:15	HIIT Fitness 5:30 - 6:15	HIIT Fitness 5:30 - 6:15	HIIT Fitness 5:30 - 6:15	
6:00 AM						
9:00 AM						HIIT Fitness 9:00 - 9:45
9:30 AM						
5:00 PM						
5:30 PM						
6:00 PM	HIIT Fitness 5:45 - 6:30	HIIT Fitness 5:45 - 6:30	HIIT Fitness 5:45 - 6:30	HIIT Fitness 5:45 - 6:30		
6:30 PM						
7:00 PM						