

# LIVE WORKOUT TIMETABLE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Box Jam</b> 6am NZ</p> <p><b>Back to basics</b> 645am NZ</p> <p><b>Loaded (PPM)</b> 8am NZ (6am QLD)</p>	<p><b>Loaded</b> 6am NZ</p> <p><b>Strength</b> 8am NZ (6am QLD)</p>	<p><b>Back to basics</b> 6am NZ</p> <p><b>Hybrid 35</b> 645am NZ</p> <p><b>HIIT</b> 8am NZ (6am NSW)</p>	<p><b>Strength</b> 6am NZ</p> <p><b>Pilates</b> 645am NZ</p>	<p><b>Loaded</b> 6am NZ</p> <p><b>Back to basics</b> 8am NZ (6am QLD)</p>	<p><b>Box Jam</b> 7am NZ</p> <p><b>Hybrid 35</b> 8am NZ (6am NSW)</p>
<p><b>Loaded 30 mins</b> 7am NZ</p>						

**Workout LIVE at the above times or choose to workout in your own time.**

Hybrid express drops Thursday + Sunday, Yoga drops Sunday (not delivered LIVE).