

	7.15 AM	12 PM	7 PM
MONDAY			ARKE with ASYRAF CONDUCTED AT PERFORMANCE AREA
TUESDAY	FUNCTIONAL with KIM CONDUCTED AT PERFORMANCE AREA		ViPR CONDUCTED AT PERFORMANCE AREA
WEDNESDAY		ViPR with ASYRAF CONDUCTED AT PERFORMANCE AREA	FUNCTIONAL with KIM CONDUCTED AT PERFORMANCE AREA
THURSDAY	KETTLEBELL with KIM CONDUCTED AT PERFORMANCE AREA		ARKE CONDUCTED AT PERFORMANCE AREA
FRIDAY		FUNCTIONAL with ASYRAF CONDUCTED AT PERFORMANCE AREA	FUNCTIONAL CONDUCTED AT PERFORMANCE AREA
SATURDAY			
SUNDAY			