

TIMETABLE @ AT 19/06/23-10/9/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:05 AM ENDURANCE	5:05 AM AFTERBURN	5:05 AM STRONG	5:05 AM LEAN	5:05 AM PERFORMANCE	
					6:30 AM AFTERBURN
	8:05 AM AFTERBURN				
9:05 AM LEAN		9:05 AM STRONG	9:05 AM ENDURANCE	9:05 AM PERFORMANCE	
5:30 PM LEAN	5:30 PM ENDURANCE	5:30 PM PERFORMANCE	5:30 PM ENDURANCE	5:45 PM STRONG	

