

# Chatswood Time Schedule

SEP 2023	MON	TUES	WED	THU	FRI	SAT	SUN
7:00 AM		6:1 ENG (P-INT)	6:1 ENG (P-INT)				
8:00 AM		6:1 ENG (P-INT)	6:1 ENG (P-INT)			6:1 ENG (P) CADILLAC	
9:00 AM		6:1 MAN (P)	6:1 ENG (P-INT)	6:1 MAN(P) 3:1 ENG		6:1 KOR (P) CADILLAC	6:1 ENG (P)
10:00 AM	6:1 KOR (P-INT ) BALL	6:1 KOR (P) 3:1 ENG	3:1 ENG 6:1 KOR (P-INT)	6:1 MAN(P)	6:1 KOR (INT)	6:1 ENG (INT) CADILLAC	
11:00 AM	3:1 KOR 6:1 ENG (P-INT) FULLBODY	6:1 ENG (P)	6:1 ENG (INT) CORE& GLUTE	6:1 KOR (P)			
12:00 PM	6:1 ENG (P-INT) 3:1 ENG	6:1 MAN (P)			6:1 MAN (P)	6:1 ENG (P) Abs & Glute	6:1 ENG (P)
1:00 PM					6:1 ENG (P)		
2:00 PM							6:1 MAN(P)
3:00 PM			3:1 ENG		3:1 ENG		
4:00 PM	6:1 ENG (INT) CADILLAC			3:1 ENG	3:1 ENG		
5:00 PM	6:1 ENG (P) CADILLAC	6:1ENG (INT) Core & Hip up					
6:00 PM	6:1 KOR (P)	6:1 KOR(P)	6:1 KOR(P) 3:1 ENG	6:1 KOR (P)	6:1 ENG (P)		
7:00 PM	6:1 ENG (P)	6:1 ENG (P)	6:1 ENG (INT) Abs & Glute	6:1 ENG (P) 3:1 ENG			
8:00 PM	3:1 ENG				6:1 ENG (P-INT) CORE& GLUTE		