

Castle Hill Time Schedule

NO2023	MON	TUES	WED	THU	FRI	SAT	SUN
9:00 AM			5:1 KOR (P-INT) ABS& STRETCH			5:1 KOR (P-INT) ABS& STRETCH	5:1ENG(B)
10:00 AM	5:1 ENG (P-INT) ABS&GLUTE	5:1 KOR (P) MAGIC CIRCLE	5:1 KOR (B)	5:1 ENG (P-INT)	5:1 KOR (P-INT) FORM ROLLER		
11:00 AM	5:1 KOR (B) MINIBALL	5:1 ENG(B) MAGIC CIRCLE		5 :1 KOR (B-PRO)		5:1 KOR (INT)	
12:00 AM					5:1 ENG (P-INT) ABS&GLUTE	5:1ENG (PRO) GLUTE	
1:00 PM							
5:00 PM		5:1ENG(B) THERA BAND					
6:00 PM		5:1KOR (PRO) CORE			5:1 ENG(B)		
7:00 PM	5 :1 ENG (PRO)		5:1 ENG (PRO-I) FBC	5:1 KOR (PRO)	5:1 ENG(P)		
8:00 PM	5:1 ENG(P)	5 :1 ENG (PRO) CORE	5:1KOR (INT)	5:1 ENG (B)			