

Chatswood Time Schedule

CHATSWOOD
0451-878-807

NOV 2023	MON	TUES	WED	THU	FRI	SAT	SUN
7:00 AM		6:1 ENG (P-INT) CADILLAC	6:1 ENG (P-INT) CADILLAC				
8:00 AM						6:1 ENG (P) Full Body CADILLAC	
9:00 AM		6:1 MAN (P)		3:1 ENG		6:1 KOR (P)	6:1 ENG (P)
			6:1 MAN (P)				
10:00 AM	6:1 KOR (P-INT)	6:1 KOR (P)	6:1 KOR (P-INT)	6:1 MAN (P)	6:1 KOR (INT)	6:1 ENG (INT) Full Body	
11:00 AM	6:1 ENG (P) Full Body		6:1 ENG (INT) CORE & HIP UP	6:1 KOR (P)	6:1 ENG (INT) CORE & HIP UP		3:1 ENG
12:00 PM	3:1 ENG	6:1 MAN (P)	3:1 ENG		3:1 ENG	6:1 MAN (P)	6:1 ENG (P)
					6:1 MAN (P)		
1:00 PM			HAPPY HOUR 3:1 (ENG)		6:1 ENG (INT) POWER Full Body		
2:00 PM			3:1 ENG	3:1 ENG			6:1 MAN (P)
				3:1 ENG			
3:00 PM		3:1 ENG					
4:00 PM	3:1 ENG	HAPPY HOUR 3:1 (ENG)			3:1 ENG		
5:00 PM	6:1 ENG (P)	6:1ENG (INT) CORE & HIP UP					
6:00 PM	6:1 KOR (P)	6:1 KOR (P)	6:1 KOR (P)	6:1 ENG (P)	6:1 KOR (P)		
7:00 PM	6:1 ENG (P)	3:1 ENG	6:1 ENG (INT) CORE & GLUTE	3:1 ENG			
		6:1 MAN (P)		6:1 ENG (P) Full Body			
8:00 PM	3:1 ENG				6:1 MAN (P)		