

PLYMOUTH CLASS TIMETABLE

MON

TUES

WED

THUR

FRI

SAT

RIDE 'N SHINE

6:15 – 7:00AM

POWER

9:30 – 10:00AM

SUPERSETS

9:15–10:00AM

RIDE 'N SHINE

6:15 – 7:00AM

SWEAT

9:30–10:00AM

THE TRIP

8:15–9:00AM

SUPERSETS

10:15–11AM

TRX

5:30 – 6:00PM

TITAN

5:15–6:00PM

SUPERSETS

6.00–6.45AM

THE TRIP

6:00 – 6:40PM

MAXED OUT

6:15 – 6:45PM

THE TRIP

7:00–7:40PM

SUPERSETS

9:15–10:00AM

KETTLBELLS

6.00–6.45PM

CIRCUITS

6.15–7.00PM

TITAN LITE

6:30–7:00PM

TITAN

6:55 – 7:40PM

SUPERSETS

7.15–8.00PM

PILATES

7:15–8:00PM

