



WATERGATE
STUDIOS
personal training & fitness classes

SESSION TIMES

MON

HYBRID	STRENGTH	HYROX
05:30	05:30	
06:30	06:30	
07:30		
09:30	09:30	
13:00		
16:30		
18:00	18:00	
	19:00	19:00

TUES

HYBRID	STRENGTH	HYROX
	05:30	05:30
06:30	06:30	
	07:30	
09:30	09:30	
13:00		
16:30		
		17:15
18:15	18:15	
19:15	19:15	

WED

HYBRID	STRENGTH	HYROX
05:30	05:30	
	06:30	06:30
07:30		
09:30	09:30	
13:00		
17:15		
18:15	18:15	
	19:15	19:15

THU

HYBRID	STRENGTH	HYROX
	05:30	05:30
06:30	06:30	
	07:30	
09:30	09:30	
	16:30	
		17:15
	18:15	
19:15		

FRI

HYBRID	STRENGTH	HYROX
05:30	05:30	
06:30	06:30	
	07:30	
	09:30	09:30
13:00		

SAT

HYBRID	STRENGTH	HYROX
	07:00	
08:00		
	09:00	
		10:00

SUN

HYBRID	STRENGTH
	08:30
09:30	

