

# GROUP TRAINING TIMETABLE

# RXLIVE

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING	7:00 - 12:00	7:30 - 8:00 Zoom Via RxGym App	Rx Warrior	7:30 - 8:00 Zoom Via RxGym App	Rx Strength	7:30 - 8:00 Zoom Via RxGym App	Rx Warrior	7:30 - 8:00 Zoom Via RxGym App	Rx Strength	Video Via RxGym Facebook Group	Rx Club	Video Via RxGym Facebook Group	Rx Endurance		
												9:30 - 10:00 Zoom Via RxGym App	Rx Club		
EVENING	6:00 - 8:00	6:00 - 6:30 Zoom Via RxGym App	Rx Warrior	6:00 - 6:30 Zoom Via RxGym App	Rx Strength	6:00 - 6:30 Zoom Via RxGym App	Rx Warrior	6:00 - 6:30 Zoom Via RxGym App	Rx Strength	6:00 - 6:30 Zoom Via RxGym App	Rx Club			5:00 - 5:30 Zoom Via RxGym App	Rx Yoga
				7:30 - 8:00 Zoom Via RxGym App	Rx Pilates	7:30 - 8:00 Zoom Via RxGym App	Rx Yoga	7:30 - 8:00 Zoom Via RxGym App	Rx Pilates	6:30 - 7:30 Zoom Via RxGym App	Friday Night Lights				

● STRENGTH & CONDITIONING

● BODY CONDITIONING, HIIT & FAT BURN

● STRENGTH & HIIT

● MOBILITY, FLEXIBILITY, PHYSIOTHERAPY & MEDITATION

● ENDURANCE & FAT BURN

● SOCIAL EVENTS

PLEASE NOTE, THIS TIMETABLE IS SUBJECT TO CHANGE.