

WEEKLY TIMETABLE

		5.45AM	7.00AM	4.00PM	5.30PM	6.45PM
MONDAY	STRONG ROOM	STRONG	STRONG		STRONG	STRONG
	FUNCTIONAL ROOM	BEAT	BEAT	BASE	HYBRID	
TUESDAY	STRONG ROOM	STRONG	STRONG	STRONG	PERFORM	PERFORM
	FUNCTIONAL ROOM	HYBRID	HYBRID		BEAT	BASE
WEDNESDAY	STRONG ROOM	STRONG	STRONG		STRONG	FLOW
	FUNCTIONAL ROOM	BEAT	BEAT	HYBRID		ARENA
THURSDAY	STRONG ROOM	STRONG	STRONG	STRONG	PERFORM	PERFORM
	FUNCTIONAL ROOM	HYBRID	HYBRID		BEAT	BASE
FRIDAY	STRONG ROOM	STRONG	STRONG		STRONG	STRONG
	FUNCTIONAL ROOM	BEAT	BEAT	BASE		

		7.30AM	8.30AM	9.00AM	10.15AM	11.30AM
SATURDAY	STRONG ROOM	STRONG			FLOW	FLOW
	FUNCTIONAL ROOM			HYBRID		
SUNDAY			ARENA			