

Start Time	Time Blocks
5:30 AM	15m

VeloFit Daily Schedule

Summer 2018

All blank spaces on this schedule are available for PT bookings. Call David - 021 409 997

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM							
5:45 AM							
6:00 AM							
6:15 AM							
6:30 AM	SUF Cycling Workout	Small Group Circuit Workout	SUF Cycling Workout	Small Group Circuit Workout	SUF Cycling Workout		
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
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10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM							
12:15 PM	Beginner Session		Beginner Session		Beginner Session		
12:30 PM							
12:45 PM							
1:00 PM	60 min PT Session FULL		60 min PT Session FULL		60 min PT Session FULL		
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM							
4:30 PM			Small Group Circuit Workout		Small Group Circuit Workout		
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM	SUF Cycling Workout		SUF Cycling Workout	Small Group Circuit Workout	SUF Cycling Workout		
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