

Training Timetable



5:00AM

MONDAY

GT PT

TUESDAY

GT PT

WEDNESDAY

GT PT

THURSDAY

GT PT

FRIDAY

GT PT

6:00AM

GT PT

GT PT

GT PT

GT PT

GT PT

9:30AM

GT PT

GT PT

GT PT

GT PT

GT PT



3:30PM

PT

PT

PT

4:30PM

GT PT

GT PT

GT PT

GT PT

GT PT

5:30PM

GT PT

GT PT

GT PT

GT PT

GT PT

6:30PM

PT

PT

PT

PT

PT

GT

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training schedule

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