



SMEATON GRANGE. STRENGTH & CONDITIONING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30 AM	METCON	METCON	ADRENALINE	METCON	METCON	-
7.30 AM	-	-	-	-	-	ADRENALINE
8.30 AM	-	-	-	-	-	METCON
9.30 AM	METCON	METCON	ADRENALINE	METCON	METCON	-
4.30 PM	METCON	METCON	ADRENALINE	METCON	-	-
4.45 PM	-	-	-	-	FROTHY FRIDAY	-
5.45 PM	ADRENALINE	METCON	METCON	METCON BEGINNERS	-	-



TIMETABLE