

COCOON HEALTH TIMETABLE

Monday		Tuesday		Wednesday		Thursday		Friday	
7:10-7:55AM	Strength HIT	7:10-7:55AM	Strength HIT	7:10-7:55AM	Strength HIT	7:10-7:40AM	Strength HIT	7:10-7:55AM	Strength HIT
8:00-8:45AM	Strength HIT	8:00-8:45AM	Strength HIT	8:00-8:45AM	Strength HIT	7:45-8:15AM	Strength HIT	8:00-8:45AM	Strength HIT
12:00-12:45PM	Strength HIT	12:00-12:45PM	Strength HIT	12:00-12:45PM	Strength HIT	12:00-12:45PM	Strength HIT	12:00-12:45PM	Strength HIT
12:50-13:20PM	Fit Hit	12:50-13:20PM	Fit Hit	12:50-13:20PM	Fit Hit	13:00-13:45PM	Strength HIT	12:50-13:20PM	Fit Hit
13:25-13:55PM	Power Cycle	13:25-13:55PM	Fit Hit	13:25-13:55PM	Power Cycle			13:25-13:55PM	Fit Hit
17:40-18:25PM	Strength HIT	17:40-18:25PM	Strength HIT	17:40-18:25PM	Booty	17:50-18:20PM	Strength HIT		
18:30-19:15PM	Strength HIT	18:30-19:15PM	Strength HIT	18:30-19:15PM	Strength HIT	18:30-19:15PM	Strength HIT		

