

HW

HARD WORK // NO EXCUSES

2022

SUNDAY

8:30 A.M. - KILLER KARDIO

MONDAY

9:30 A.M. - BATTLE ROPE RAGE

12:15 P.M. - KILLER KARDIO

5:30 P.M. - WTF
6:30 P.M. - JUST LIFT

TUESDAY

5:45 A.M. - KILLER KARDIO
9:30 A.M. - RIDE OR DIE

5:30 P.M. - FIGHT NIGHT
6:30 P.M. - XTREME HIIT
7:30 P.M. - NAMASTE

WEDNESDAY

5:45 A.M. - CORE CRUSHER
9:30 A.M. - TOTAL BODY BEATDOWN

12:15 P.M. - BATTLE ROPE RAGE

5:30 P.M. - RIDE OR DIE
6:30 P.M. - KILLER KARDIO

THURSDAY

5:45 A.M. - TOTAL BODY BEATDOWN
9:30 A.M. - CORE CRUSHER

5:30 P.M. - KILLER KARDIO
6:30 P.M. - BOOM

FRIDAY

9:30 A.M. - WTF

12:15 P.M. - CORE CRUSHER

5:30 P.M. - BATTLE ROPE RAGE

SATURDAY

8:30 A.M. - SGX

9:30 A.M. - NAMASTE

NOTES