

Reformed WORKOUT

Time	Monday TBF Legs/Glutes	Tuesday TBF Core	Wednesday TBF Back/Arms	Thursday Jump board	Friday TBF Thighs	Saturday TBF	Sunday Revive
5am	Reformed WORKOUT	Reformed WORKOUT	Reformed WORKOUT	Reformed WORKOUT	Reformed WORKOUT		
6am	Reformed WORKOUT		Reformed WORKOUT	Reformed WORKOUT	Reformed WORKOUT	6:30am Reformed WORKOUT	
7am	Reformed WORKOUT				Reformed WORKOUT	7:30am Reformed WORKOUT	7:30am Reformed WORKOUT
8:30am	Reformed WORKOUT	Reformed WORKOUT	Reformed WORKOUT	Reformed WORKOUT	Reformed WORKOUT	8:30am Reformed WORKOUT	8:30am Reformed WORKOUT
9:30am	Reformed WORKOUT	Reformed WORKOUT	Reformed WORKOUT	Reformed WORKOUT	Reformed WORKOUT	9:30am Reformed WORKOUT	
10:30am	Reformed WORKOUT	Reformed WORKOUT	Reformed WORKOUT	Reformed WORKOUT	Reformed WORKOUT		
11:30am							
3.30pm							
4:30pm	Reformed WORKOUT	4pm Reformed WORKOUT	Reformed WORKOUT	4pm Reformed WORKOUT			
5:30pm	Reformed WORKOUT	5pm Reformed WORKOUT	Reformed WORKOUT	5pm Reformed WORKOUT			
6:30pm	Reformed WORKOUT	6pm Reformed WORKOUT		6pm Reformed WORKOUT			
CRECHE	8 – 11:30 3:30 – 7:30	8 – 11:30 3:30 – 7:30	8 – 11:30 3:30 – 7:30	8 – 11:30 3:30 – 7:30	8 – 11:30	6:45 – 11am	

Reformed

Time	Monday TBF Legs/Glutes	Tuesday TBF Core	Wednesday TBF Back/Arms	Thursday Jump board	Friday TBF Thighs	Saturday TBF	Sunday Revive
5am	Reformed	Reformed	Reformed	Reformed	Reformed		
6am	Reformed		Reformed	Reformed	Reformed	6:30am Reformed	
7am	Reformed				Reformed	7:30am Reformed	7:30am Reformed
8:30am	Reformed	Reformed	Reformed	Reformed	Reformed	8:30am Reformed	8:30am Reformed
9:30am	Reformed	Reformed	Reformed	Reformed	Reformed	9:30am Reformed	
10:30am	Reformed	Reformed	Reformed	Reformed	Reformed		
11:30am							
3.30pm							
4:30pm	Reformed	4pm Reformed	Reformed	4pm Reformed			
5:30pm	Reformed	5pm Reformed	Reformed	5pm Reformed			
6:30pm	Reformed	6pm Reformed		6pm Reformed			
CRECHE	8 – 11:30 3:30 – 7:30	8 – 11:30 3:30 – 7:30	8 – 11:30 3:30 – 7:30	8 – 11:30 3:30 – 7:30	8 – 11:30	6:45 – 11am	