

**MON****TUE****WED****THU****FRI****SAT****SGPT**

6.00 - 7.00AM

**SGPT**

6.00 - 7.00AM

**SGPT**

6.00 - 7.00AM

**SGPT**

6.00 - 7.00AM

**SGPT**

6.00 - 7.00AM

**SWEAT**

9.00 - 9.45AM

**BARBELL**

7.00 - 7.45AM

**SGPT**

7.00 - 8.00AM

**SGPT**

7.00 - 8.00AM

**SGPT**

7.00 - 8.00AM

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7.00 - 8.00AM

**SGPT**

7.00 - 8.00AM

**SGPT**

9.00 - 10.00AM

**SGPT**

9.00 - 10.00AM

**SGPT**

9.00 - 10.00AM

**SGPT**

9.00 - 10.00AM

**SGPT**

9.00 - 10.00AM

**SUN****SGPT**

10.00 - 11.00AM

**SGPT**

10.00 - 11.00AM

**SGPT**

10.00 - 11.00AM

**SGPT**

10.00 - 11.00AM

**SGPT**

10.00 - 11.00AM

**BARBELL**

10.00 - 10.45AM

**SGPT**

4.00 - 5.00PM

**SGPT**

4.00 - 5.00PM

**SGPT**

4.00 - 5.00PM

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6.00 - 7.00PM

**SGPT**

6.00 - 7.00PM

**SGPT**

6.00 - 7.00PM

**SGPT**

6.00 - 7.00PM

**UPPERS**

6.00 - 6.45PM

**UPPERS**

6.00 - 6.45PM

**SGPT**

7.00 - 8.00PM

**SGPT**

7.00 - 8.00PM

**SGPT**

7.00 - 8.00PM

**SGPT**

7.00 - 8.00PM

**SGPT**

7.00 - 8.00PM

**FORTIUS**  
SESSION TIMETABLE