

FORTIUS

SESSION TIMETABLE

AM

PM

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	INBODY 8.30 - 8.45AM
	BARBELL 7.00 - 7.45AM				SWEAT 9.00 - 9.45AM
SGPT 7.00 - 8.00AM	SGPT 7.00 - 8.00AM	SGPT 7.00 - 8.00AM	SGPT 7.00 - 8.00AM	SGPT 7.00 - 8.00AM	
		INBODY 8.00 - 8.15AM			
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	INBODY 9.30 - 9.45AM
SGPT 4.00 - 5.00PM	SGPT 4.00 - 5.00PM	SGPT 4.00 - 5.00PM	SGPT 4.00 - 5.00PM	SGPT 4.00 - 5.00PM	BARBELL 10.00 - 10.45AM
SGPT 5.00 - 6.00PM	SGPT 5.00 - 6.00PM	SGPT 5.00 - 6.00PM	SGPT 5.00 - 6.00PM	SGPT 5.00 - 6.00PM	INBODY 10.45 - 11.00AM
SGPT 6.00 - 7.00PM	SGPT 6.00 - 7.00PM	SGPT 6.00 - 7.00PM	SGPT 6.00 - 7.00PM	SGPT 6.00 - 7.00PM	
SWEAT 7.00 - 7.45PM	UPPERS 6.00 - 6.45PM	SWEAT 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	