

# SUMMER

## FOX STUDIO TIMETABLE

### KEY

CB = CALORIE BURN

MB = METABOLIC BOOSTER

P = PERFORMANCE

**MON**

**6:30 AM**

MB  
45mins  
Jeff

**9:30 AM**

MB  
45min  
Shona

**5:45 PM**

CB  
30mins  
Emma

**6:30 PM**

MB  
45mins  
Steve

**7:30 PM**

P  
60mins  
Steve

**TUE**

**9:30 AM**

CB  
30mins  
Kelly

**6:30 PM**

MB  
45mins  
Kelly

**7:30 PM**

MB  
45mins  
Shona

**WED**

**9:30 AM**

MB  
45mins  
Kate

**5:45 PM**

CB  
30mins  
Danielle

**6:30 PM**

MB  
45mins  
Emma

**7:30 PM**

Welcome  
30mins  
Skipper

**THU**

**9:15 AM**

MB  
45mins  
Bella

**6:30 PM**

MB  
45mins  
Matt

**7:30 PM**

P  
60mins  
Bella

**FRI**

**6:45 AM**

MB  
45mins  
Jeff

**9:30 AM**

MB  
45mins  
HamJam

**5:45 PM**

CB  
30mins  
Danielle

**6:30 PM**

MB  
45mins  
Dan

**SAT**

**8:00 AM**

MB  
45mins  
Foxette

**9:00 AM**

CB  
45mins  
Foxette

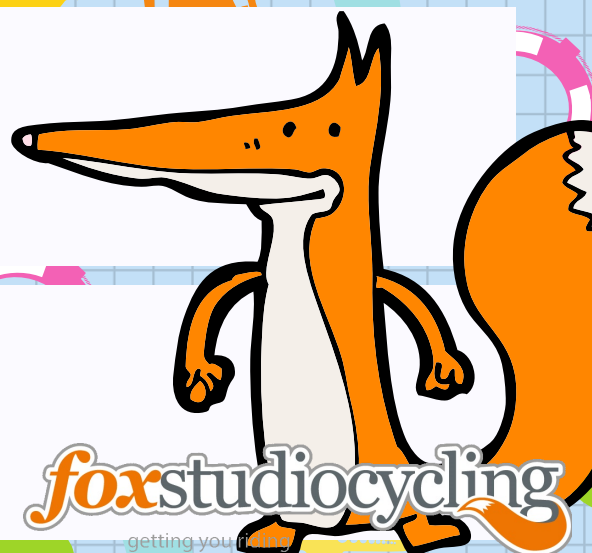
**SUN**

**9:15 AM**

MB  
45mins  
Kate

**10:30 AM**

CB  
45mins  
Shona



foxstudiocycling

getting you riding