

2019

# FOX STUDIO TIMETABLE

## KEY

CB = CALORIE BURN

MB = METABOLIC BOOSTER

P = PERFORMANCE

MON

6:00AM

MB  
45mins  
Jeff

9:30AM

MB  
45min  
Shona

5:45PM

CB  
30mins  
Emma

6:30PM

MB  
45mins  
Steve

7:30PM

P  
60mins  
Steve

TUE



9:15AM

CB  
30mins  
Ethan

12:30PM

45mins  
Open  
session

6:30PM

MB  
45mins  
Kelly

7:30PM

MB  
45mins  
Shona

WED

6:30AM

MB  
45mins  
Jeff

9:30AM

MB  
45mins  
Kate

5:45PM

CB  
30mins  
Danielle

6:30PM

MB  
45mins  
Emma

7:30PM

Welcome  
30mins  
Skipper

THU

9:15AM

MB  
45mins  
Bella

6:30PM

MB  
45mins  
Matt

7:30PM

P  
60mins  
Bella

FRI

6:45AM

MB  
45mins  
Lisa

9:30AM

MB  
45mins  
Ethan

5:45PM

CB  
30mins  
Danielle

6:30PM

MB  
45mins  
Jools

SAT

8:00AM

MB  
45mins  
Foxette

9:00AM

CB  
45mins  
Foxette

10:00AM

MB  
30mins  
Foxette

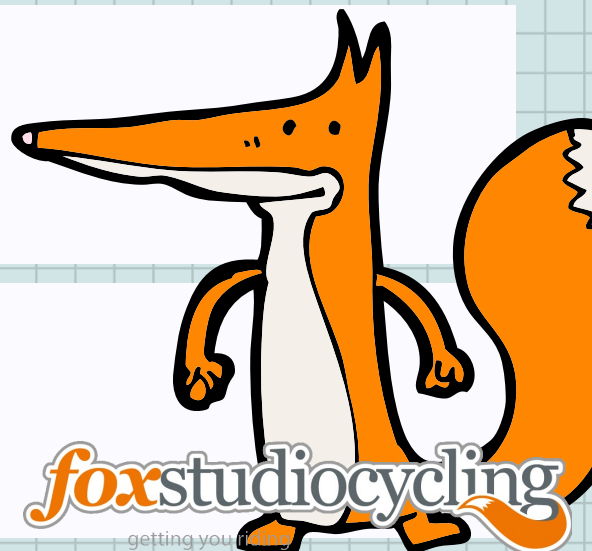
SUN

9:15AM

MB  
45mins  
Kate

10:30AM

CB  
45mins  
Shona



foxstudiocycling  
getting your fitness