

SPRING

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
Jools

SAT

8:00 AM

MB
45mins
Foxette

9:00 AM

CB
45mins
Foxette

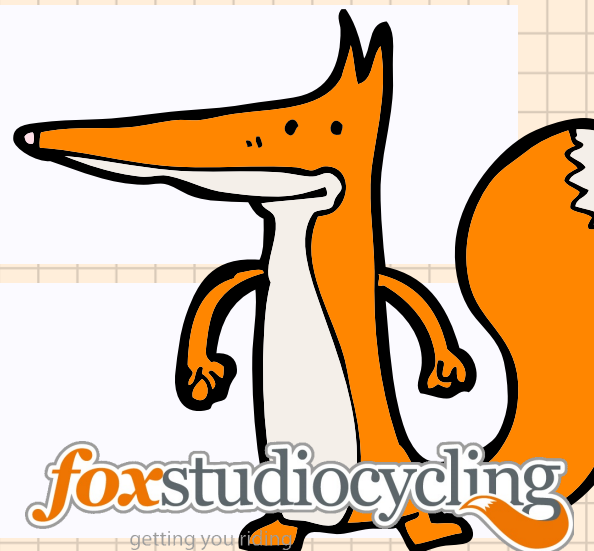
SUN

9:15 AM

MB
45mins
Kate

10:30 AM

CB
45mins
Shona



foxstudiocycling
getting you riding