

HUSTLE ⚡ CLASS TIMETABLE

Hustle Wellness Club
1/27 William St
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:30AM	⚡ STRENGTH LOWER	⚡ STRENGTH UPPER	⚡ MOBILITY STRETCH	⚡ CARDIO HIIT	⚡ STRENGTH LOWER	7:30AM	⚡ STRENGTH FULL BODY	
9:30AM	⚡ CARDIO HIIT	⚡ STRENGTH FULL BODY	⚡ CARDIO HIIT	⚡ STRENGTH FULL BODY	⚡ CARDIO HIIT	8:30AM	⚡ STRENGTH FULL BODY	
5:30PM	⚡ CARDIO HIIT	⚡ STRENGTH LOWER	⚡ STRENGTH UPPER	⚡ CORE SHRED		9:30AM		
6:30PM	⚡ BOXING	⚡ STRENGTH LOWER	⚡ STRENGTH UPPER	⚡ BOXING		10:30AM		⚡ CARDIO HIIT

*All classes run for 45 minutes except: Core Shred & Cardio HIIT = 30 Minutes