

# Online Timetable

[www.the-hour.co.uk](http://www.the-hour.co.uk)

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7.30am/ 10am	45 min HIIT		45 min HIIT			45 min Strength workout	45 min HIIT
10/11am						Morning Motown Flow	
12.30pm	Yogalates	30 min HIIT	Flow & Mindfuln ess	30 min HIIT	Yogalates		Flow & Mindfuln ess
1pm							
5.45pm							
6.15pm	45 min Strength workout		45 min HIIT				
7pm		Pilates		Restora- tive flow	Mindfuln ess		Mindfuln ess

the hour.