



EDGE FITNESS TIMETABLES

AUGUST 2010

CODE : 05:30h AM SESSION 09:30h AM SESSION 19:00h PM SESSION

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1							FOUNDATIONS 1
2-8	PYRAMID	CIRCUIT 2 2		LADDER 4			#641 8
9-15	LADDER	CIRCUIT 1 9		#641 11			PYRAMID 15
16-23	LADDER	CIRCUIT 2 16		PYRAMID 18			#641 22
23-30	#641 23			LADDER 25			CIRCUIT 2 29

SEPTEMBER 2010

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1-5			#641 1		CIRC 1 PYRAMID 3		
6-12	#641	LADDER 6		CIRCUIT 2 8		PYRAMID 11	
13-19	LADDER 13		#641 15		CIRCUIT 1 17		PYRAMID 19
20-26	CIRCUIT 2 20		LADDER 22		#641 24		CIRCUIT 1 26
27-30	PYRAMID 27		LADDER 29				