



REVOLUTION CYCLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	7 am	6.20 am	6.40 am	7 am	6.20 am	8.30 am
	8 am	7.20 am	7.40 am	8 am	7.20 am	10am
AFTERNOON	12.20 pm	11.40 am	12 pm	12.20 pm	11.40 am	
	1.20 pm	12.40 pm	1 pm	1.20 pm	12.40 pm	
EVENING	5 pm	5.20 pm	5.40 pm	5 pm	5.20 pm	
	6 pm	6.20 pm	6.40 pm	6 pm	6.20 pm	



BURN STRENGTH & CARDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	<i>Chest, arms & abs</i>	<i>Legs, butt & abs</i>	<i>Back, arms & abs</i>	<i>Legs, butt & abs</i>	<i>Whole body</i>	<i>Whole body</i>
	6.40 am	7 am	6.20 am	6.40 am	7 am	7.30 am
AFTERNOON	7.40 am	8 am	7.20 am	7.40 am	8 am	9am
	12 pm	12.20 pm	11.40 am	12 pm	12.20 pm	
EVENING	1 pm	1.20 pm	12.40 pm	1 pm	1.20 pm	
	5.40 pm	5 pm	5.20 pm	5.40 pm	5 pm	
	6.40 pm	6 pm	6.20 pm	6.40 pm	6 pm	



FOCUS BOXING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	6.20 am	6.40 am	7 am	6.20 am	6.40 am	7 am
	7.20 am	7.40 am	8 am	7.20 am	7.40 am	9.30 am
AFTERNOON	11.40 am	12 pm	12.20 pm	11.40 am	12 pm	
	12.40 pm	1 pm	1.20 pm	12.40 pm	1 pm	
EVENING	5.20 pm	5.40 pm	5 pm	5.20 pm	5.40 pm	
	6.20 pm	6.40 pm	6 pm	6.20 pm	6.40 pm	



OUTDOOR CALIBRATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING		7.30 am		7.30 am	7.30 am	
AFTERNOON	12.40 pm		12.40 pm	12.40 pm	12.40 pm	
EVENING	5.15 pm	5.15 pm				