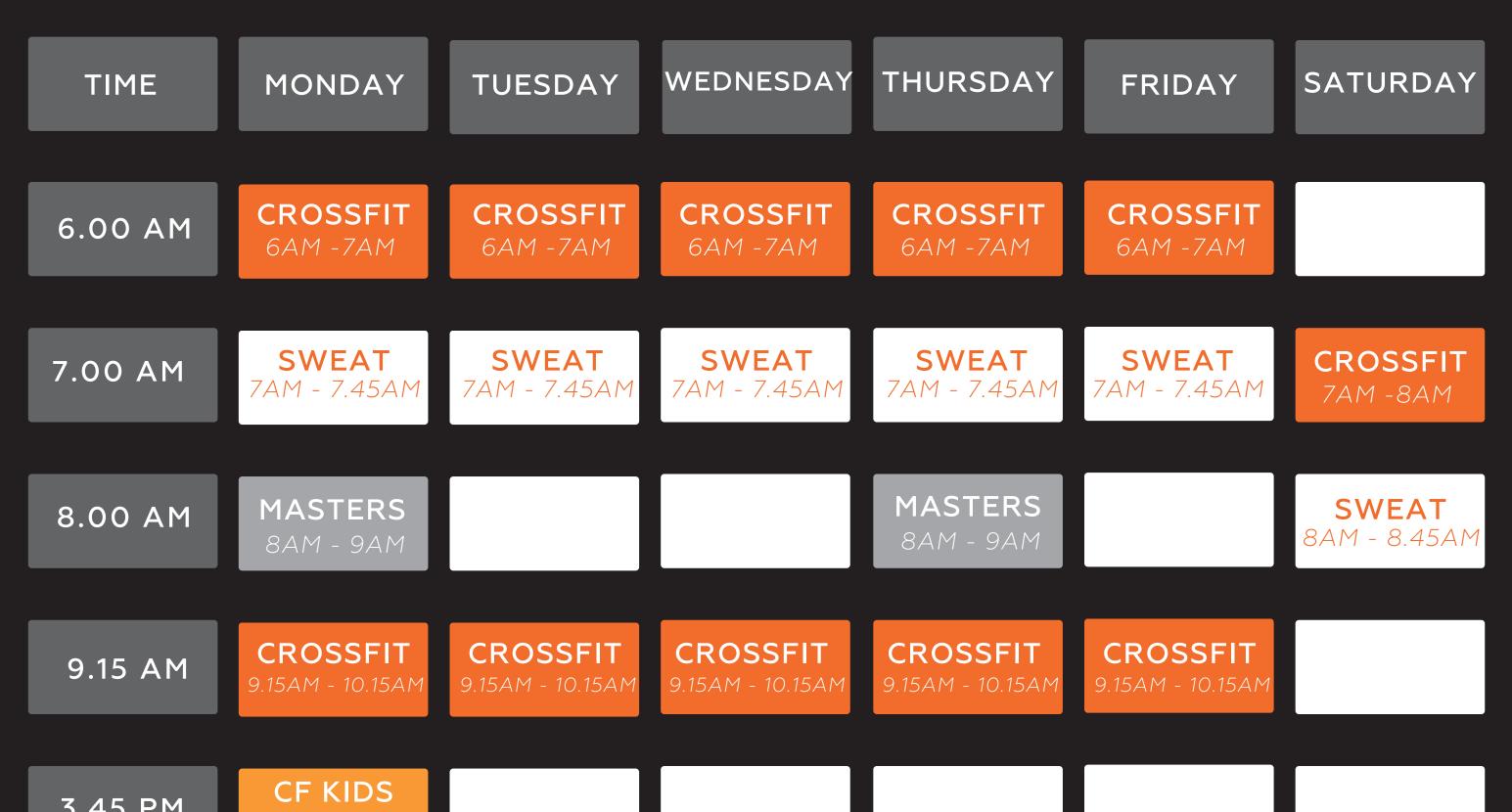
TIMETICS HUSTLE. GRIND. EXECUTION.



5.45 FM	3.45PM - 4.15PM *TERMLY					
4:15 PM						
4:30 PM	SWEAT 4.30PM - 5.25PM	SWEAT 4.30PM - 5.25PM	SWEAT 4.30PM - 5.25PM	SWEAT 4.30PM - 5.25PM	SWEAT 4.30PM - 5.25PM	
5:30 PM	CROSSFIT 5.30PM - 6.30PM	CROSSFIT 5.30PM - 6.30PM	CROSSFIT 5.30PM- 6.30PM	CROSSFIT 5.30PM - 6.30PM	CROSSFIT 5.30PM - 6.30PM	

