

## ‘THE 40 MINUTE WORKOUT’ TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT
<b>MORNING</b>						
<b>6:30</b>		urban	urban	urban	urban	
<b>7:15</b>		urban		urban	urban	
<b>8:00</b>						urban
<b>9:15</b>	urban 9:30	urban	urban	urban	urban	urban 8:45
<b>10:00</b>	urban 10:15	urban		urban	urban	urban 9:30
<b>LUNCHTIME</b>						
<b>12:30</b>	urban		urban			
<b>EVENING</b>						
<b>5:45</b>	urban	urban		urban		
<b>6:30</b>	urban	urban	urban	urban		
<b>7:15</b>	urban	urban		urban		

This timetable is subject to demand and may change at any time. Bookings are essential.

**Workout Cancellation & Reschedule Policy:**

We require approximately 4 business hours notice to cancel or reschedule a workout appointment.

- For morning workouts the cancellation cut-off is 3pm the previous day.
- For lunchtime workouts the cancellation cut-off is 8am.
- For evening workouts the cancellation cut-off is 1pm.