RICHMOND TIMETABLE

DAY	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	5PM	6PM	7PM	8PM
Monday	SGPT	SGPT HYBRID	SGPT	SGPT	SGPT	SGPT	SGPT			SGPT	SGPT	SWEAT	SGPT	SGPT
Tuesday	SGPT	SGPT	HYBRID	SGPT		SGPT	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT SWEAT		SGPT
Wednesday	SGPT	SGPT SWEAT	SGPT	SGPT	SGPT	SGPT	SGPT HYBRID	SGPT	SGPT	SGPT	HYBRID	SGPT	SGPT	SGPT
Thursday	SGPT	SGPT	SGPT SWEAT	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT	SGPT	SWEAT	SGPT
Friday	SGPT	SGPT HYBRID	SGPT	SGPT	SGPT	SGPT	SGPT SWEAT	SGPT	SGPT	SGPT	SGPT	HYBRID	SGPT	
Saturday				SGPT SWEAT	SGPT	SGPT	SGPT STRONG	STRETCH						
Sunday														