

‘THE 40 MINUTE WORKOUT’ TIMETABLE

| TIME | MON | TUE | WED | THU | FRI | SAT |
|------------------|-------------------|-------|-------------------|-------|-------|---------------|
| MORNING | | | | | | |
| 6:30 | urban | urban | urban | urban | urban | |
| 7:15 | URBAN FUNCTION | urban | | urban | urban | |
| 8:00 | | | | | | urban |
| 9:15 | urban 9:30 | urban | urban | urban | urban | urban 8:45 |
| 10:00 | urban 10:15 | | URBAN FUNCTION | | urban | urban 9:30 |
| LUNCHTIME | | | | | | |
| 12:30 | urban | | urban | | | |
| EVENING | | | | | | |
| 5:45 | urban | urban | | urban | | |
| 6:30 | urban | urban | urban | urban | | |
| 7:15 | urban | urban | URBAN FUNCTION | 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.