

urbanworkout

→ The 40 Minute Total Body Workout

THE 40 MINUTE WORKOUT TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT
MORNING						
6.30	Urban Workout	Urban Workout	Urban Workout	Urban Workout	Urban Workout	
7.15	Urban Workout	Urban Workout	Urban Workout	Urban Workout	Urban Workout	
8.00						Urban Workout
9.15	Urban Workout	Urban Workout	Urban Workout	Urban Workout	Urban Workout	8.45 Urban Workout
10.00	Urban Workout		Urban Workout		Urban Workout	9.30 Urban Workout
LUNCHTIME						
12.30	Urban Workout		Urban Workout			
EVENING						
5.45	Urban Workout	Urban Workout	Urban Workout	Urban Workout		
6.30	Urban Workout	Urban Workout	Urban Workout	Urban Workout		
7.15	Urban Workout	Urban Workout		Urban Workout		

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.

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