

Connect Weekly Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	SGPT	SGPT	SGPT	SGPT	SGPT	-	Gym Closed
7:00 AM	SGPT	SGPT	SGPT	SGPT	SGPT	Super Saturday (Hybrid Training)	
8:00 AM	SGPT	SGPT	SGPT	SGPT	SGPT	Super Saturday (Hybrid Training) @ 8.30am	
9:30 AM	SGPT	SGPT	SGPT	SGPT	SGPT		
11:00 AM	SGPT	-	SGPT	-	SGPT	-	
12:00 PM	-	-	Pilates	-	-	-	
4:30 PM	SGPT	SGPT	SGPT	SGPT	SGPT	-	
5:30 PM	SGPT	SGPT	SGPT	SGPT	SGPT	-	
6:30 PM	SGPT	Hybrid Training	SGPT	SGPT	-	-	
7:30 PM	-	-	SGPT	-	-	-	