## WORTD <br> GYM

## FUNCTIONAL ZONE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY. | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 5.30 AM | worldegay FITAF | worldggeym FITAF |  |  | woridgey FITAF |  |  |
| 6.30 AM |  |  |  |  |  |  |  |
| 8.00 AM |  |  |  |  |  | woridegay FITAF |  |
| 8.30 AM |  |  |  |  |  |  |  |
| 7.30 AM |  |  |  |  |  |  |  |
| 9.10 A M | world ygym FITAF | worldegay FITAF |  | worldgeym BOXING | woridgeym FITAF |  |  |


| 5.30 PM | woridgay <br> FITAF | woridggam <br> FITAF | woridgaym <br> FITAF | woridggam <br> BOXING |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 6.30 PM |  |  |  |  |  |  |



