ELYSIUM

TIMETABLE 2021

	MON	TUES	WED	THURS	FRI		SAT
0600	METCON	METCON	METCON	METCON	METCON	0800	METCON
0700	METCON	METCON	STRONG	METCON	FLOW	0900	METCON
1200	METCON		METCON		METCON	1000	STRONG
1700	METCON	STRONG	METCON	METCON	METCON		
1800	STRONG	METCON	STRONG	PERFORM	STRONG		
1900	METCON	METCON	METCON	METCON	METCON		