

Mart Life Detox Clinic: Exercise Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am-8am	Stretch	Stretch	Yoga	Yoga	Stretch		Yoga/ Stretch
8am-9am	Gym	Gym	Gym	Gym	Gym	Gym	Gym
9am-10am						Aquatic/Aerobics	
5pm-6pm	Dance Aerobics	Ball Aerobics	*MRT	Aquatic Aerobics	Step Aerobics	Ball Aerobics	*Tabatha
6pm-7pm	Gym	Gym	Gym	Gym	Gym	Gym	Gym

*MRT = Metabolic Resistance Training

*Tabatha = High Intensity Interval Training