

REFORM Workshop Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Workshops (08.00 - 12.00)						
08.00 - 09.00 Intro to Free Weights	08.00 - 09.00 Learning the Squat	08.30 - 09.30 Kettlebell	08.00 - 09.00 Synrgy 101	08.00 - 09.00 Mobility & Activation	08.30 - 09.30 Intro to Free Weights	08.30 - 09.30 Deadlift Advanced
11.00 - 12.00 Squat Advanced	09.00 - 10.00 Glute Building	11.00 - 12.00 TRX	11.00 - 12.00 Plyo & Medicine Balls	11.00 - 12.00 Bodyweight		11.00 - 12.00 Learning the Squat
	11.00 - 12.00 Deadlift Advanced					
Afternoon Workshops (12.00 - 16.00)						
12.30 - 13.30 Run 1: Base Building	14.00 - 15.00 Run 2: Form & Distance	14.00 - 15.00 Learning the Deadlift	14.00 - 15.00 Watt Bike	14.00 - 15.00 Core Focus	12.00 - 13.00 Squat Advanced	13.30 - 14.30 Core Focus
14.00 - 15.00 Bodyweight	14.00 - 15.00 Mobility & Activation	14.00 - 15.00 Run 3: Race Pace			13.30 - 14.30 Bench Press	
15.00 - 16.00 Core Focus		15.00 - 16.00 Glute Building				