



FETCH
SURF
TRAINING
CENTER

THIS WEEK'S TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM	BODY CONTROL	STRONGER	HARD BEAT	HARD BEAT	BODY CONTROL
8:10 AM	HARD BEAT	HARD BEAT	BODY CONTROL	STRONGER	HARD BEAT
8:50 AM	STRONGER	BODY CONTROL	STRONGER	FLOW	FLOW
1:30 PM	HARD BEAT	BODY CONTROL	HARD BEAT	HARD BEAT	STRONGER
2:10 AM	STRONGER	HARD BEAT	FLOW	STRONGER	BODY CONTROL
2:50 AM		STRONGER		FLOW	
6:10 AM	HARD BEAT		BODY CONTROL		HARD BEAT
6:50 AM	STRONGER		STRONGER		FLOW

SESSIONS ARE 35 MINUTES

Please bring along your bottle and towel for each session.

Once the Barrel is closed you cannot access

Please advise the coach of any possible injury or problem prior to class

If you urgently have to leave during a session please approach the coach first



PT. FETCH SURF CONCEPT – Jalan Subak Sari n° 63 B –Kerobokan- Canggu – Bandung – Bali 80361 INDONESIA