

Weekly timetable for Rossell Fitness Facebook Challenge Group

Most of our activities and accountability will happen in our facebook group (you're a member if you can see this timetable YAY). Our yoga and mobility will take place on our Facebook page so please ensure you follow Rossell Fitness Page so that you can be notified when the videos are happening LIVE!

What's on?							
	MOTIVATION MONDAY	TUESDAY	WORKOUT WEDNESDAY	THURSDAY	FANTASTIC FRIDAY	SATURDAY	SUPER SUNDAY
7.30am	POA Post Share your plan of action for the day	POA Post Share your plan of action for the day	POA Post Share your plan of action for the day	POA Post Share your plan of action for the day	POA Post Share your plan of action for the day	WEEKEND CHALLENGE Are you up for it? See Facebook Group for full details!	
10.00am	Yoga Facebook Page	Your own workout?	Featured Workout 10-30mins	Your own workout?	Yoga Facebook Page		
2.30pm	Mobility 10-15mins FB Page	Mobility 10-15mins FB Page	Mobility 10-15mins FB Page	Mobility 10-15mins FB Page	Mobility 10-15mins FB Page	Mobility 10-15mins FB Page	Mobility 10-15mins FB Page
8.30pm	Daily accountability	Daily accountability	Daily accountability	Daily accountability	Daily accountability	Daily accountability	Check in LINK

