



BroFit

23rd - 30th June 2019

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|----------------------------|------------------|---------------------------------------|----------------------------|--------------------------------------|--------------------------|
| 07.00-08.00 | 3km/ 5km Run or Power walk | Morning Cycle | Stretch and breathing (low intensity) | 3km/ 5km Run or Power walk | 3km/ 5km Run or Flexi stretch | Mobility Drills/ Stretch |
| 09.00-10.00 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 12.00-13.00 | Boxing exercise | Circuit training | Fit balance | Tabatha | Boxing Exercise | Boxing Exercise |
| 13.30-14.30 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 15.00-16.00 | | Lecture | | Lecture | | |
| 16.30-17.30 | Spinning | VPR Fitness | Body Conditioning | Spinning | Strength training (medium intensity) | High Intensity Training |
| 19.00-20.00 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| 21.00-21.30 | Evening walk | Evening walk | Evening walk | Evening walk | Evening walk | Evening walk |