SCANDINAVIAN BOOT CAMP

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07.30 - 08.00	Welcome Introduction	Power Walk/Run	Morning Cycle	Skipping & Aerobics	Morning Cycle	Light Jog / Power Walk
08.00 - 08.30	Stretch & Breathe	Pilates	Stretch & Breathe	Guided Meditation	Stretch & Breathe	Pilates
09.00 - 10.00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
12.00 - 12.30	Circuit Training or Calisthenics	ABS-Blast	Tabata Training or Calisthenics	Transformers Class	ABS Solution or Calisthenics	Tabata Training
13.00 - 14.00	Boxing Exercise or Pilates	Run Rocket Training or Spinning Class	Boxing Exercise or Pilates	Run Rocket Training or Spinning Class	Boxing Exercise or Pilates	Bums & Tums or Spinning Class
14.00 - 15.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
17.00 - 18.00	Strenght Training or Spinning Class	Rollerski or Weight Training	HIIT-Training or Spinning	Rollerski or Crossfit	Strength Training or Spinning Class	Bodyweight or Circuit
19.00 - 20.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner