



# 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	Strength Training or Spinning Class	Rollerski or Weight Training	HIT Training or Spinning	Rollerski or Crossfit	Strength Training or Spinning Class	Bodyweight or Circuit
19.00 - 20.00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
21.00 - 21.30	Evening Walk	Evening Stretch	Evening Walk	Evening Stretch	Evening Walk	Lecture Q & A