



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:00		Mobility/ stability		Mobility/ stability		Mobility/ stability	
10:00 - 10:45	Kettlebells	Cross core	Circuits	Kettlebells	Cross core	Circuits	
12:00 - 12:30	Mobility/ stability		Mobility/ stability		Mobility/ stability		
19:00 - 19:45	Circuits	Kettlebells	Cross core	Circuits			
20:00 - 20:30		Mobility/ stability		Mobility/ stability			